

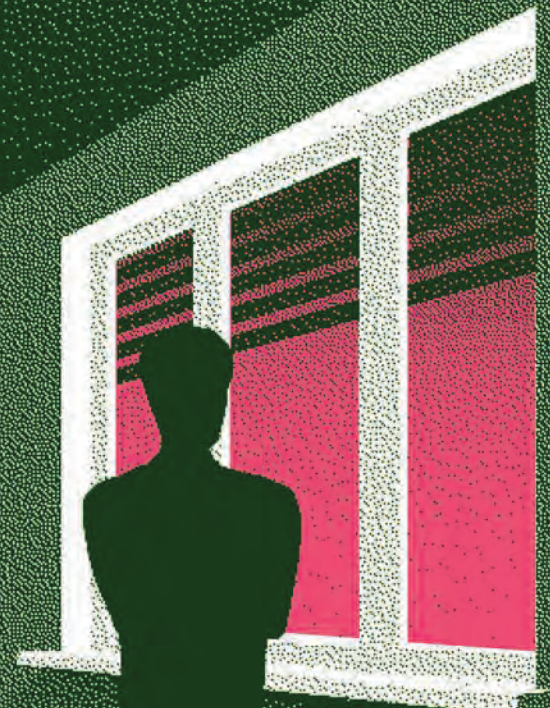
# NCTJ

NORTH COAST JOURNAL OF POLITICS, PEOPLE & ART

Humboldt County, CA | FREE  
Thursday, March 26, 2020  
Vol. XXXI Issue 13  
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NCJ CONTENTS

- 3 Poem  
Space
- 4 Editorial  
Together Apart
- 5 News  
'Critically Important'
- 6 News  
Getting Help and Helping the Helpers
- 8 Home & Garden  
Service Directory
- 9 News  
Touch as Little as Possible
- 10 On The Cover  
Into an Unknown Wilderness
- 11 On The Cover  
Coping with COVID-19
- 12 On The Cover  
'You May be the World'
- 14 In Review  
The Aptly Named *Life is Strange 2*
- 15 On the Table  
Of Penguins and Chickpeas
- 16 Front Row  
Not to Be
- 17 Calendar
- 19 Field Notes  
Blame Evolution
- 20 Sudoku & Crossword
- 20 Workshops & Classes
- 23 Classifieds

Space

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— Kirk Gothier

On the Cover  
Illustration by Jonathan Webster



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PUBLISHER

Judy Hodgson  
judy@northcoastjournal.com

GENERAL MANAGER

Melissa Sanderson  
melissa@northcoastjournal.com

NEWS EDITOR

Thadeus Greenson  
thad@northcoastjournal.com

ARTS & FEATURES EDITOR

Jennifer Fumiko Cahill  
jennifer@northcoastjournal.com

ASSISTANT EDITOR/STAFF WRITER

Kimberly Wear  
kim@northcoastjournal.com

STAFF WRITER

Iridian Casarez  
iridian@northcoastjournal.com

CALENDAR EDITOR

Kali Cozyris  
calendar@northcoastjournal.com

CONTRIBUTING WRITERS

John J. Bennett, Simona Carini, Wendy Chan,  
Barry Evans, Gabrielle Gopinath, Collin Yeo

PRODUCTION MANAGER

Holly Harvey  
holly@northcoastjournal.com

ART DIRECTOR

Jonathan Webster  
jonathan@northcoastjournal.com

GRAPHIC DESIGN/PRODUCTION

Dave Brown, Miles Eggleston  
ncjads@northcoastjournal.com

ADVERTISING MANAGER

Kyle Windham  
kyle@northcoastjournal.com

SENIOR ADVERTISING REPRESENTATIVE

Bryan Walker bryan@northcoastjournal.com

ADVERTISING

Tyler Tibbles tyler@northcoastjournal.com

CLASSIFIED ADVERTISING

Mark Boyd classified@northcoastjournal.com

BOOKKEEPER

Deborah Henry billing@northcoastjournal.com

OFFICE MANAGER

Michelle Dickinson michelle@northcoastjournal.com



MAIL/OFFICE  
310 F St., Eureka, CA 95501  
707 442-1400 FAX: 707 442-1401  
www.northcoastjournal.com

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# Together Apart

Keeping community and our distance

By Jennifer Fumiko Cahill and Thadeus Greenson

jennifer@northcoastjournal.com, thad@northcoastjournal.com

**A**s of 12:01 a.m. March 20, Humboldt County residents have been ordered to shelter in place, sitting tight at home to protect one another from the spread of COVID-19, the international death toll for which has topped 16,500 and climbs each day. We at the *Journal* thank each and every one of you taking these precautions and all our safety as seriously as the moment demands. That means only making essential outings to essential businesses like grocery stores, hospitals, pharmacies, emergency services and food service, or (bless you) reporting for work at one of them.

Even on essential outings, we need to stay a minimum of 6 feet apart. That's not easy for a county of salsa dancers, jammers, performers and huggers. It's tempting — even reasonable — to dismiss the importance of book clubs, live music shows or exercise classes in the face of a global pandemic, but without them we are more than physically isolated. We lose the very human contact and support that would buoy us in hard times. Fortunately, in the 21st century we don't have to choose between social distancing and social connection.

Humboldt's reputation for independence is built on its tight-knit communities — some bonded by shared history, some by common cause, some by our passions — that have persevered behind the Redwood Curtain. So how do we maintain the social distance necessary for our health and still hold our community

together without the gatherings that define so much of our daily lives?

For our part, the *Journal's* Calendar now includes a community bulletin board (an expansion of our Heads Up section), where you'll find opportunities to take or give a helping hand. We've also shifted to replace canceled physical gatherings with virtual events to keep us together online. You'll notice events with "Virtual World" followed by information on where you can log on and join in remotely. As fast as things are changing out there, the creative folks in Humboldt are finding ways to connect in real time, using online platforms like Facebook Live and Zoom, some dropping payment app info like a virtual tip jar that allows the audience to throw a little cash their way.

We want to help build a local virtual community — one that, while occupying the vast online world, is Humboldt through and through, connecting neighbors with neighbors, offering people creative outlets and escapes (and some familiar faces) while perhaps putting money in local people's pockets in the process.

So here's what we need from you: If you've got information about a virtual gathering or performance, upload it to our online calendar at [www.northcoastjournal.com](http://www.northcoastjournal.com), and hit the red "Submit an Event" button, so we can share it with readers in print and online. (Need help? Email [calendar@northcoastjournal.com](mailto:calendar@northcoastjournal.com) for walk-through directions.) And if you've got something to share — a talent, a teachable skill — we want to help you

get it streaming, even if all you've got is a smartphone. Contact [jennifer@northcoastjournal.com](mailto:jennifer@northcoastjournal.com) and visit our website for tutorial links in this editorial — then let's get your music/yoga class/one-woman comedy show to the people of Humboldt. This might be your Tiny Desk Concert moment, musicians. The homebound folks of the North Coast also need NA and AA meetings, support groups, cooking lessons, coffee klatches and book clubs. They need your busking and burlesque, your DJ sessions, spoken word, personal stories, lectures on local history, live painting and aerial routines. Parents need your story time reading (we're looking at you, library volunteers), puppet shows and crafting tutorials. If you can show us how to re-pot orchids or do drag makeup, don't keep it a secret. The more we stay connected in real time, the more supported we're all going to feel and the easier it will be to do what we have to do — stay home — while retaining a sense of emotional wellness.

The impact of COVID-19 and the vital actions to fight its spread will be hard on us all mentally and socially. It will be particularly devastating for local businesses. In all frankness, this is true for our paper, too — if you're holding it in your hands reading this, you likely feel how thin it is. A glance at our staff box will show you our numbers have thinned in order to afford keeping information flowing to the people of our county. You'll find us at fewer newsstands as open businesses dwindle. (We're also sticking to newsstands by

essential businesses to hopefully minimize our readers' outings.)

The whole *Journal* team is going to continue bringing you vital news — like this week's story on navigating our new COVID-19 reality — and soul-feeding entertainment. We're proud to do so in print, especially for those who don't have access to internet. But if you do, visit [www.northcoastjournal.com](http://www.northcoastjournal.com) for the latest updates and information on the spread of the virus and the official response.

This is our home we're reporting on and running ads for. And we cannot let the bonds of our community slip along with everything else we're losing. Look around and see what you can contribute to our online Humboldt community, whether it's banjo solos or a few bucks. In the coming weeks, scan our calendar listings to find what you need, whether it's an enrichment activity for your kid, a peer-support group or some live music. As long as these dark times last, in their aftermath and beyond, we're going to need each other in real life.

Jennifer Fumiko Cahill is the *Journal's* arts and features editor and prefers she/her pronouns. Reach her at 442-1400, extension 320, or [jennifer@northcoastjournal.com](mailto:jennifer@northcoastjournal.com). Follow her on Twitter @JFumikoCahill.

Thadeus Greenson is the *Journal's* news editor and prefers he/him pronouns. Reach him at 442-1400, extension 321, or [thad@northcoastjournal.com](mailto:thad@northcoastjournal.com). Follow him on Twitter @thadeusgreenson.

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# 'Critically Important'

Sheltering in place, Humboldt sees spike in COVID-19 cases

By North Coast Journal Staff  
newsroom@northcoastjournal.com

**H**umboldt County awoke March 24 with two confirmed cases of COVID-19 amid a shelter-in-place order that had shuttered businesses across the county and drastically altered North Coast life. By the time this edition of the *Journal* went off to the press that night, three additional positive tests had come back from the labs.

Two of the positive tests announced March 24 stemmed from a group of people who'd been traveling internationally together.

"Health officials are reaching out to all members of the groups and conducting a comprehensive investigation of all possible contacts," a press release from Public Health announced, later adding that the investigation had grown to include multiple states. "Symptomatic members of the group will be tested and isolated while results are pending. Asymptomatic travel partners will be quarantined."

A fifth positive test announced later March 24 by Public Health came with no further details, just a note that the agency would provide additional information March 25.

A day earlier, Humboldt County Public Health Officer Teresa Frankovich, speaking in a video response to reports' inquiries, stressed the need for local residents to socially distance and shelter in place per her order that went into effect at 12 a.m. on March 20. The order, violation of which is a misdemeanor offense punishable by imprisonment or a fine, restricts residents from leaving their homes except for essentials — things like trips to the grocery store, pharmacy, veterinarian or doctor — or to perform essential services, like work in a hospital, act as a caretaker, work in public safety or at a utility company.

The order prompted businesses throughout Humboldt County — from retail shops and sit-down restaurants to bars and breweries — to shutter, with what many predict will be dire economic consequences. Some businesses moved quickly to reduce staff and lay off employees. For example, Lost Coast Brewery laid off 70 employees — roughly three-quarters of its staff — while Eel River Brewing Co. laid off

40, according to a *Lost Coast Outpost* report.

But health officials have maintained the order is necessary to stave off spread of the contagious virus and prevent Humboldt County's healthcare system — which has just about two dozen intensive care unit beds and about as many ventilators — from becoming overwhelmed.

"The whole point of us all making this sacrifice is it improves our odds," Frankovich said. "It is critically important that people adhere to social distancing."

In addition to limiting outings to essential needs, officials have stressed that also means keeping a distance of at least 6 feet from anyone who doesn't reside in your home, except as needed to deliver or purchase food and supplies or healthcare services.

Local law enforcement, meanwhile, is reminding residents not to call 911 for non-emergency shelter-in-place questions.

Eureka Police Chief Steve Watson noted on Facebook that residents had called to complain of "too many people shopping at Costco and walking at Sequoia Park." He also urged residents to take the order seriously.

"People need to take COVID-19 with an appropriate balance of calm urgency," he said. "This is a real crisis and social distancing/isolation through orders like this are a proven strategy to slow or stop the spread of the virus."

As to how widespread the virus is locally, it's unknown due to the low number of tests and the fact that some people can carry and spread the coronavirus without having symptoms. Frankovich explained that Public Health is triaging testing to make sure it uses the almost 400 tests it had on hand as of March 23 to test the most vulnerable, those at the highest risk and those whose infection could have the greatest impact. For example, people who have a known contact with a positive case and are symptomatic, those with both



Jonathan Webster

symptoms and underlying health issues and those at risk of spreading the disease widely or to a vulnerable population, like healthcare workers or long-term care residents.

Frankovich urged anyone experiencing mild symptoms — including fever, cough, shortness of breath, runny nose — to self-isolate until three days after all symptoms subside or seven days after their first onset, whichever is longer. They should not call their healthcare provider or seek testing, she said, unless they have underlying health issues or the symptoms grow more severe. Even once testing is more widely available, Frankovich said the county will still urge "mildly ill" people to stay home in an effort to conserve medical resources and protect healthcare workers.

In a press release, Public Health urged anyone who travels outside the area to self-isolate for at least 14 days upon their return.

"This act of quarantining is critically important," the press release states. "It will help to slow transmission within our community, reduce risk for our most vulnerable residents and will lessen the impact on our healthcare system."

To keep up with the latest daily COVID-19 developments, visit [www.northcoastjournal.com](http://www.northcoastjournal.com). And those concerned about symptoms can consult St. Joseph Health's virtual assessment tool ([www.providence.org/patients-and-visitors-coronavirus-advisory](http://www.providence.org/patients-and-visitors-coronavirus-advisory)) or call Humboldt County Public Health at 445-6200. ●

Journal staffers Iridian Casarez, Thadeus Greenon and Kimberly Wear contributed to this report.



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# Getting Help and Helping the Helpers

With service providers stepping up, here's a guide on how to help and how to give

By Kimberly Wear  
kim@northcoastjournal.com

**A**cross Humboldt County, nonprofits and other organizations are providing a life-line to community members in need, a group that is steadily growing as the impacts of COVID-19 and the county's shelter-in-place order reverberate. Here are a few ways to help those who are helping others access some of the services available.

**Access Humboldt:** The nonprofit is working to keep the community connected through a variety of mediums— including TV channels and KZZH FM 96.7 community radio, including by finding ways to allow remote participation in the public meetings of local city councils, the Humboldt County Board of Supervisors and other commissions. "Our goal is to share and support new best practices that protect public health while advancing civic participation," Execu-

tive Director Sean Taketa McLaughlin said in a press release.

Working with the parent company of Suddenlink, the nonprofit also recently announced that households with students without access to the internet would qualify for 60 days of no-strings-attached free service from the provider in its areas of service. For more information on that program, call (888) 633-0030. And for more information on Access Humboldt, including how to support its mission, visit [www.accesshumboldt.net](http://www.accesshumboldt.net), email [info@accesshumboldt.net](mailto:info@accesshumboldt.net) or call 476-1798.

**Arcata House Partnership:** Residents currently residing with Arcata House are sheltering in place and receiving three meals a day from the nonprofit.

Some services are now limited or curtailed during the emergency COVID-19 precautions. The day center at the Annex located at 501 Ninth St. (across from the Arcata Transit Station and next to the ball park) is open from 11:15 a.m. to 4 p.m. on weekdays for services, including mail, social service updates and snacks, with hand washing stations and portable toilets available, but the showers are closed.

Its pantry at Trinity Baptist Church, 2450 Alliance Road, is open from 4 to 6 p.m. Wednesdays, with hours adjusted to 3 to 6 p.m. as client flow demands.

Restaurants looking to donate inventory to the meal program can contact Arcata House Partnership at 633-6236 to leave a message for Executive Director Darlene Spoor. Other information on how to help can be found at the nonprofit's website, [www.arcatahouse.org](http://www.arcatahouse.org).

**Betty Kwan Chinn Homeless Foundation:** The nonprofit is offering 100 free to-go dinners for families and individuals at its Eureka-based day center, 133 Seventh St., on weekdays from 3:30 to 4:30 p.m., for as long as the foundation is able. Programs at the day center are limited to comply with the shelter-in-place order but current clients can receive mail and access the computer lab for housing and employment uses. All new sign-ups have been suspended and no donated items are being accepted at this

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**events/a&e:**  
[calendar@northcoastjournal.com](mailto:calendar@northcoastjournal.com)

**music:**  
[music@northcoastjournal.com](mailto:music@northcoastjournal.com)

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time. For more information on the foundation's services and how to help, visit [www.bettychinn.org](http://www.bettychinn.org).

**Cooperation Humboldt:** The organization is putting together a network of volunteers to run errands and deliver supplies for community members in high-risk groups — like those over the age of 65 or who have a serious underlying health problem — who are self-isolating. It is also building a registry of those in need of help. So to get or give help through Cooperation Humboldt, visit [www.cooperationhumboldt.com](http://www.cooperationhumboldt.com).

**Eureka Rescue Mission:** The shelter, which is currently serving 100 residents but not taking new clients, is seeking a helping hand after shutting its thrift store amid COVID-19 shelter-in-place order. Donations of basics like large bags of rice, oatmeal, beans or other proteins, as well as toilet paper and other hygiene products are being accepted. Financial donations can be made online at [www.eurekarescuemission.org](http://www.eurekarescuemission.org) or by mail to P.O. Box 76, Eureka, CA 95502. For more information, call 445-3787.

**Food for People:** The food bank, which serves 12,000 individuals a month under normal circumstances through a network of 17 food pantries and other programs, is still seeking additional warehouse and cold storage space after its main building was damaged by a sewage backup earlier this month, as well as asking those who are able to make financial donations to help the nonprofit make it through — and meet the increased need in the community. The food bank has tweaked its operations — pre-packing food bags, implementing drive-through pickups and increasing “social distancing” practices — to help prevent the spread of COVID-19 at its distribution points, which include a new Eureka location in the old Chamber of Commerce building. For more information on how to donate or how to access its food pantry services, call Food for People at 445-3166 or visit [www.foodforpeople.org](http://www.foodforpeople.org). (Coast Central Credit Union is also allowing members to donate directly to Food for People at its local branches.)

**Fortuna Transit:** In-city service for Fortuna residents who are 50 and older and/or

persons with a disability, will continue from 8:30 a.m. to 4 p.m. on weekdays. Pick-up and drop-off services of essential items for current clients who are self-isolating will depend on demand and staff availability. For more information, call 725-7625.

**Humboldt Area Foundation:** In coordination with the Wild Rivers Community Foundation in Crescent City, the nonprofit set up a COVID-19 Regional Response Fund to help meet the “immediate and emerging needs of our region’s most vulnerable residents,” according to a press release.

To that end, the fund — which is seeking community contributions — will provide grants to charitable organizations in Humboldt, Trinity, Del Norte and Curry counties. For more information, visit [www.hafoundation.org](http://www.hafoundation.org) or call 442-2993.

**Humboldt Senior Resource Center:** Staff is available to assist over the phone but the center has changed some operations, including closing its day center. Home food delivery is continuing as normal and take-out is available for those 60 and older. Reservations are required. For questions regarding any program, call HSRC at 443-9747.

Schedule for meal pick-up by location:

Arcata — 11:30 a.m. to 12:15 p.m., Monday through Friday. Call 825-2027 to reserve. Drive to the east side of the building where the Senior Room entrance is located and staff will bring the meal(s) to you.

Eureka — 11:30 a.m. to 12:15 p.m., Monday through Friday. Call 442-1181 to reserve. Drive into the parking lot and park in a space near the back door; staff will bring out the meal(s).

Fortuna — Noon to 12:30 p.m., Tuesday through Friday. Call 725-6245 to reserve. Pull in front of the Fortuna Senior Center wing and staff will bring out the meal(s).

Redwood Coast PACE: The program remains open, but the Day Center is closed.

**Northern California Community Blood Bank:** The Northern California Community Blood Bank is seeking healthy donors to visit their local blood bank amid dwindling donations coupled with a potentially growing need.

*Continued on next page »*



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The Eureka Faith Community Center is holding a blood drive Thursday, March 26, from 9 a.m. to 3 p.m., which will require making an appointment by calling 442-1784. For a full schedule of the apheresis mobiles, visit [www.nccbb.net](http://www.nccbb.net) or call 443-8004. And drop-in donations are still welcome at the bank in Eureka, 2524 Harrison Ave., which is open from 10 a.m. to 6 p.m. on Mondays, Tuesdays and Thursdays, from 8 a.m. to 4 p.m. on Fridays and from 8 a.m. to 1 p.m. on Saturdays. While it will still be open from 11 a.m. to 7 p.m. on Wednesdays, traditional family night activities are on hiatus, and the blood bank won't be serving food and urges parents not to bring their children for the time being.

**Rio Dell:** The city is collecting the names and contact information of those willing to help others in the community who may be experiencing difficulties during the COVID-19 emergency. To sign up, send an email to [volunteers@cityofriodell.ca.gov](mailto:volunteers@cityofriodell.ca.gov) and provide the following: full name, date of birth, phone number, mailing address, shirt size and personal specialties and restrictions, such as being willing to cook but not clean. For more information or to request assistance, visit [www.cityofriodell.ca.gov](http://www.cityofriodell.ca.gov) or call 764-3532.

**Salvation Army:** The Salvation Army is responding to a growing need from local families and individuals during the shelter-in-place order and is seeking donations of food and hygiene items. It is also distributing meals at 2123 Tydd St. in Eureka on weekdays from 9 a.m. to noon as well as food delivery programs for those who are homebound. For more information, visit [www.facebook.com/TSAEureka](https://www.facebook.com/TSAEureka) or call 442-6475. And for in-kind donations, contact the Eureka volunteer coordinator at Hannah. [hubner@usw.salvationarmy.org](mailto:hubner@usw.salvationarmy.org).

**School meals:** School districts across Humboldt County are distributing meals for children 18 and under while campuses remained shuttered during the effort to slow down the spread of COVID-19 and have combined to distribute more than 20,000 meals to date.

According to a press release, some school sites are reaching out to family resource centers, churches and tribes to support distribution. As an added bonus, the meal distributions allow school staff to see students and their families and check in on any need for further support services.

"This effort truly showcases the amazing resiliency of our school personnel to provide essential services to our students despite this unprecedented situation we are all in," Humboldt County Superintendent of Schools Chris Hartley said.

For a full list of locations and distribution times, visit [hcoe.org/covid-19/school-meal-times-and-locations](http://hcoe.org/covid-19/school-meal-times-and-locations). ●

# Touch as Little as Possible

## Where — and how — to shop for essentials

By Iridian Casarez

[iridian@northcoastjournal.com](mailto:iridian@northcoastjournal.com)

**G**rocery stores and pharmacies throughout Humboldt County began to adjust to being on the front lines of efforts to limit the spread of COVID-19 this week.

Many have reduced hours to allow for extensive restocking and the thorough cleaning of surfaces, and some are offering special shopping hours for vulnerable populations, like those over the age of 65 or who have underlying health issues, shortly after they open while the store is freshly disinfected. Some have even started limiting entry to a certain number of people at any given time to allow for more social distancing, while others have taped aisle floors to leave visual cues of what the required 6 feet of personal space looks like.

### New Store Hours

Walmart will close its Eureka store at 8:30 p.m. nightly to allow for additional cleaning and will offer a special shopping hour for seniors and other vulnerable residents from 7 a.m. to 8 p.m. on Tuesdays.

Target, which will now be closing daily at 9 p.m., will hold a daily shopping hour for seniors and people with compromised immune systems from 8 to 9 a.m.

Safeway, which is now closing stores daily at 9 p.m., will hold special shopping hours on Tuesdays and Thursdays from 6 to 9 a.m.

Costco is offering special shopping hours for vulnerable populations from 8 to 9 a.m. on Tuesdays and Thursdays.

The North Coast Co-Op and Eureka Natural Foods have both designated special senior shopping hours at all their locations daily from 7 to 8 a.m.

Wildberries, meanwhile, is opening solely for senior shoppers daily from 6 to 7 a.m. and offering a 10-percent discount.

### Shopping Safely

Because COVID-19 is a new disease, there

is still uncertainty about how it spreads. But some studies have shown it can live on some surfaces for up to three days, which leaves people understandably anxious about touching everything from playground equipment to door handles. And that includes shopping carts, baskets and even some of those essential items folks need to take home from the grocery store.

Bettina Fries, the chief of the Division of Infectious Diseases in the Department of Medicine at Stony Brook University School of Medicine, offered the *Washington Post* the following tips on how to shop safely.

- Do not panic. There's no need to stock up and hoard groceries, as grocery stores will remain open during shelter-in-place orders and there have been no major disruptions in supply chains.

- Wash your hands with soap and water for 20 seconds before and after shopping.

- Touch as little as possible while you shop to help avoid picking up or shedding the virus. Also avoid touching your face while shopping.

- Keep at least 6 feet from other shoppers and employees.

- If you are in an at-risk group, try to have someone else shop for you. If you can't do this, take advantage of the special hours stores are designating for vulnerable populations.

- Only go to the grocery store if you feel healthy enough to do so.

- Wipe down carts with disinfectant wipes provided by the store or bring your own. You can also use the wipes to open freezer and cooler doors.

- The CDC isn't recommending people wear gloves or masks; neither is necessary, Fries told the *Washington Post*.

The Food and Drug Administration recommends using the usual best practices for health and safety rules for handling food. FDA Commissioner Stephen Hahn said in a Feb. 27 statement that, "(The FDA) isn't aware of any reports at this time of human illnesses that suggest COVID-19 can be transmitted by food or food packaging." But the FDA recommends washing your hands after you've put groceries away, and those inclined can wipe down nonporous packaging — like glass jars and cans — with disinfectant. But no matter what you do, wash your hands.

If you are using a grocery delivery service, *Consumer Reports* suggests arranging for packages to be left at your door or on your front porch to avoid a direct hand-off. Further, if you're having other items delivered to your house via online purchases, the best practice is to wash your hands immediately after handling them.

In short, avoid touching your face after handling anything from outside your home and wash your hands frequently. And repeatedly. ●

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# Into an Unknown Wilderness

How to maintain the emotional wellness of our families as we shelter in place

By Peter Stoll

newsroom@northcoastjournal.com

**T**his morning, like many of you reading this, I woke hoping it had passed. That we could proceed with our lives as we lived them prior to COVID-19. But alas, we are living this new reality of “social distancing” and “shelter-in-place.” Cable news networks are committed to ongoing analysis and release of information, and social media sites are saturated with memes, activities, suggestions and humor — in an attempt to make sense of all of this.

In discussing this unprecedented time with friends and colleagues, many have tried to explain the unexplainable — what I visualize as a veil of uncertainty and, for many, an almost palpable awareness of what may be described as a global anxiety. Some of us have children who are seeing this and we witness them trying to make sense of it as well. And depending on the child’s developmental age, there are very different degrees of understanding. What’s universal is the fear and anxiety. While falling asleep a week ago, my 9-year-old daughter said, “Daddy, I’m scared and I don’t know why.” A lot has happened since March 15 and the landscape of COVID-19 continues to shift. As we support each other, our children and our elders — whether under the same roof or not — there have been some helpful basic strategies identified to help reduce anxiety and maintain emotionally healthy environments. These may be a reminder of what you have already read but they are very helpful in practice. Like frequent and thorough hand washing, it is important to be intentional in our efforts toward maintaining emotional wellness.

**Take care of your physical self:** As most of us know, getting enough sleep, washing our hands, limiting contact with others, having necessary medications, and avoiding tobacco, alcohol and other drugs are all highly recommended. The challenge is that stress can be a trigger for vices and unhealthy behaviors. Be mindful of your

physical practice, as well as the care and nutrition of your children and other family. (Our local school districts are also working vigilantly to distribute food during this time. For more information, visit [www.hcoe.org/covid-19-2/school-meal-times-and-locations](http://www.hcoe.org/covid-19-2/school-meal-times-and-locations).)

Fortunately we live in a region where we can access outdoor activities while maintaining social distancing. Whether it’s moving indoors (yoga, stretching or jumping jacks) or outdoors (walking, running or bike riding), it is essential to find some physical activity that suits your needs and ability.

**Maintain social connections:** Whether an introvert or an extrovert, it’s important to maintain connections with your family, community and colleagues. It is also important for your children to remain connected with their family, friends, teachers and classmates. Fortunately, we live in an era in which technology greatly facilitates connection. It is connection that brings us together and assists with alleviating the inherent isolation of “social distancing.” We are social creatures who often work in collective groups. The majority of our schools promote group experiences, as do many leisure activities, whether it be community gatherings (Arts Alive!), the movies, sports events, prom, church ... the list goes on. Keep in mind that a good, old-fashioned phone call is still an excellent means to maintain connections.

**Take Breaks:** Take the time to do things you enjoy or to do nothing at all. Mindfulness can be as simple as taking deep breaths (i.e. four seconds to inhale, hold it for four seconds, followed by four seconds to release) in a series of four to five. Progressive muscle relaxation is another approach to calming the body. For kids, a mindful activity could be blowing bubbles, blowing up balloons or intentionally eating a piece of fruit (looking at the shape, regarding the smell, focusing on the taste). Building calming breaks into the day is a

thoughtful step toward anxiety management. Searching “mindful activities for children” online will provide many fun and calming activities.

**Managing media consumption:** It is important to be informed during this time, and paying attention to local and national news is part of that. Many also rely on social media such as Facebook, Instagram and Twitter to remain connected. And while all are useful, it’s essential to be thoughtful of the consumption. Taking breaks from screens will make room for other important activities. Another piece to strongly consider is who is viewing and/or listening. Some of the chyrons and conversations on news channels can be potentially scary and anxiety producing for children, as well as the rest of us. Creating windows to watch the news, while being mindful of the audience, is one way to care for everyone’s emotional well-being. Also keep in mind when you are expressing your own fears and anxiety that, while it’s good to be honest about our feelings, it’s important to protect our children by providing them with a sense of safety and optimism.

**Maintaining and establishing routine:** The predictability and maintenance of routines and rituals adds a sense of calm and comfort for everyone. Examples of this could be sharing a meal together, reading to your child before bed or taking a morning walk. I have actually seen suggested COVID-19 home schedule examples for children, as a way to manage schoolwork, physical activities, chores, creative fun time and the like. For many this approach can provide a roadmap for the day, while teaching an important organizational skill. Keep in mind that communication and providing children time to voice their perceptions and concerns is powerful medicine. As is assuring children that they are safe and cared for — this is important for all kids, regardless of age.

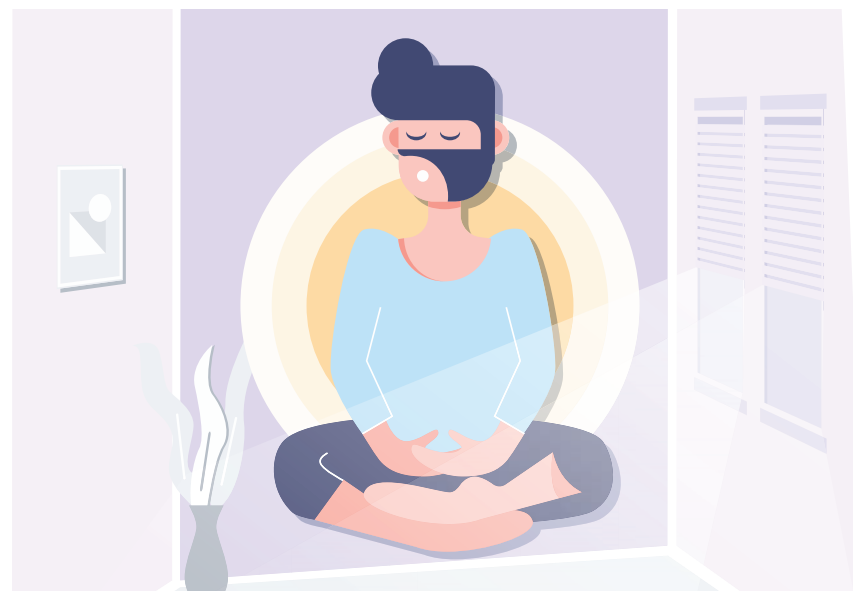
**Quality time:** Within all of this, priori-

tize time to nurture children and anyone else around you in this time of uncertainty. Reading, art, gardening, cooking, bedtime, meal time, listening to music, playing an instrument or enjoying nature are just some of the activities that offer opportunities for quality time. Be mindful of the “golden ratio,” something I often share with teachers, which holds that a mentally healthy environment is one in which you give four positive statements to every one corrective statement (4:1). While we are human and we may not be able to adhere to this all the time, it is something to strive for. People are much more likely to repeat a behavior when it is positively reinforced, research has affirmed this premise many times over. So “catch each other being good” and recognize preferred behavior. Children who are recognized for their success and their attempts to correct themselves build positive understandings of their skill and ability. This also contributes to the development of a positive self-identity. While it’s essential to correct behavior, it is even more meaningful to learning when, after correcting the behavior, subsequent successful behavior is upheld in a positive light. This is true with adult to adult communications as well.

These are all elements to help us curb the potential of “cabin fever” and move through this time with as much grace and understanding as possible. We are embarking into an unknown wilderness and it’s good to have some of the necessary gear in our packs. Let’s support each other as we move through this together.

If you need assistance for mental health crisis, call 445-7715, or 911 in the event of emergency. ●

*Dr. Peter Stoll is a credentialed school psychologist and administrator and prefers he/him pronouns. He is a program director for the Humboldt County Office of Education and the Humboldt-Del Norte SELPA.*



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# Coping with COVID-19

Finding healing in helping while navigating isolation and anxiety behind the Redwood Curtain

By Mark Lamers

newsroom@northcoastjournal.com

**T**he novel coronavirus has had a sudden and dramatic impact on our public and private lives, and we are entering a period of real uncertainty about what the future holds. The statewide shelter-in-place order we've been given is unprecedented but it is a necessary response to an emergency situation. Still, it can be disorienting to feel at the mercy of things bigger than ourselves, it can feel overwhelming and even traumatizing.

Right now, we are participants in a once-in-a-generation event that will likely change so many things we've previously been able to take for granted. It can be hard to realize that one of those things is the belief that tomorrow will be like today. It is also hard to even begin to reckon with the looming financial problems that will be caused by the impact of the coronavirus on people's jobs and economic security. It also seems hard to believe that in the foreseeable future we might have to come to terms with the loss of many people in our community to a disease that was not even known three months ago. That is an experience many people around the world are having right now, even if it has not impacted us here behind the Redwood Curtain in this way yet.

When calling for a unified response to the crisis of the Great Depression, the great President Franklin Delano Roosevelt said, "The only thing we have to fear ... is fear itself." As a society, we are again in a situation where unreasoned responses can interfere with the steps needed to move us past an emerging crisis. Fortunately, we now know a lot about the correct public health measures necessary to maximize each person's protection from the coronavirus, and there is a lot of factual information available to provide help and guidance in this challenging time.

From a mental health perspective, the benefit of having a fact-based understanding of the coronavirus is that it can truly help a person understand what they can

control and what they can't. If something is in your control, it makes sense to put whatever effort you can into your response so things come out your way. If something is not in your control, it makes sense to not worry about it too much, if that is possible. People buying a year's worth of toilet paper or hand sanitizer represents an effort to take control of an unpredictable future. This is actually an expected response from people who want to keep themselves and their loved ones safe. At the same time, a perspective from a slightly higher vantage point reveals that our community probably won't run out of toilet paper if everyone just keeps buying it as they need it, just as they always have. We are all in this together and we will work through it, together.

Many people are responding to this emerging public health emergency with high levels of anxiety. The folks I know who seem to be the most anxious about the coronavirus are those watching the most television news about it or who are obsessively following breaking news on social media. For what it is worth, the news reporting about bad things happening far away overshadows the less bad things happening nearby. In Humboldt County, as of March 24, we have had five local COVID-19 cases, though this number should be expected to gradually rise as testing expands to identify more people who have the virus. We all also have the benefit of being somewhat isolated behind the Redwood Curtain, and the strong steps being taken in more urban areas of California will likely slow the spread of the virus to more isolated rural counties. So if the media is making you anxious about the coronavirus, it is OK to unplug from it, and look to access more balanced and reputable information from sources that don't want to reduce everything to a terrifying sound bite. To find out the current status of the coronavirus response in Humboldt County, log on to the Public Health website, at [www.humboldt.gov.org/2018/Humboldt-control](http://www.humboldt.gov.org/2018/Humboldt-control)

Health-Alert. The fact that there has not yet been an incident of coronavirus caused mortality in Humboldt County is not a reason for complacency but it is an indication that, if we take the correct steps now, we can limit this virus' impact as it continues to spread.

Going forward, the best measures we can take to protect ourselves and our families are public health measures. By practicing steps like hand washing, social distancing and self-isolating, we are protecting vulnerable members of our community and being contributing members of our broader society. We are "flattening the curve" to help make the eventual occurrence of the coronavirus more manageable by our local medical resources. The public health measures of social distancing and self-isolating can understandably produce anxiety for some people. While it is important to limit the possible spread of the coronavirus by maintaining physical distancing, this doesn't mean giving up social contact. Keep in good touch with family and friends, and reach out to contact vulnerable neighbors who might have fewer social supports. One of the recognized ways of treating negative mental health symptoms is to do something good for someone else. If you are feeling depressed or anxious about the coronavirus, reach out and ask someone else what you can do to help them. You will probably end up feeling better.

For housebound children and teens, it helps to maintain as much consistency and structure as possible. Adults should model coping and calmness, and encourage resilient and creative responses to this "new normal." Communicate that this is a once-in-a-lifetime event and it is an experience that is being globally shared right now. This is a moment to teach the values of shared responsibility and shared sacrifice — lessons that will prove valuable as we all grow together into a world that will be forever changed by this pandemic.

*Continued on next page »*

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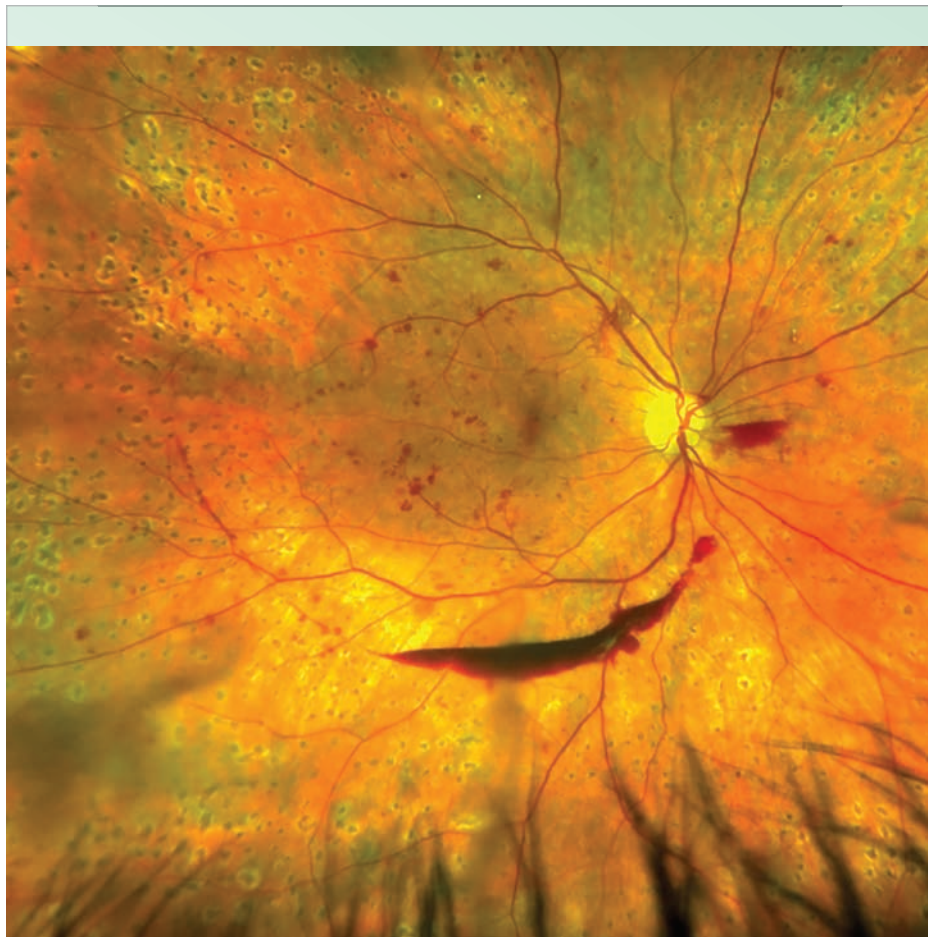
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## NCJ ON THE COVER

Continued from previous page

There are tremendous sacrifices being asked for and given right now in our community. All those on the front lines, including the nurses and doctors in the emergency rooms, all the checkers at our grocery stores, all the restaurant workers going without income and all the public-facing workers continuing to show up to keep essential programs open, deserve acknowledgment and praise for their service and sacrifice. Community Mental Health operations are also continuing, despite the limitations imposed by social distancing, and if community members need to access services, the first step is to call your established local providers or the Humboldt County 24-hour Mental Health Crisis Line at 445-7715. ●

*Mark Lamers is a clinical psychologist who works for the Humboldt County Department of Health and Human Services and prefers he/him pronouns. He has lived with his family in Eureka for 10 years. His interest in epidemiology started when he was treated for exposure to the bubonic plague at the age of 14.*

## ‘You May be the World’

Amid COVID-19 uncertainty, creating a positive home environment for children is within your control

By Cindi Kaup

newsroom@northcoastjournal.com

**W**e are living in uncertain times and with uncertainty can come anxiety, which can affect the way we interact with and parent young children. Consider how your child or the young children in your life will look back at this moment in time five years from now. Will they remember long walks and snuggling with a good book? This is an opportunity to create special memories, to build deeper social connec-

tions every day, to appreciate time with each other and to have fun.

### Managing your own stress

Young children can sense your stress; they may see it in your body, hear it in your voice or experience it with your actions. When you remain calm and reassuring, you help children feel safe. When stressed, find someone you feel safe to talk to about your fears and worries, and avoid talking about them in front of your children. But it is OK for children to see you experiencing emotions. Use this as an opportunity to name your emotion and model ways to cope, such as, “I just read some news that made me nervous. I am going to take some deep breaths right now to feel better. Want to join me?” Some strategies for managing your own stress are:

- Manage your “self-talk.” When you are worrying about events outside your control, it causes your internal stress to increase. So increase your positive self-talk by identifying and sharing your positive accomplishments (“I made a healthy dinner,” “We played a new game,” “We laughed a lot today”). Search for the good and beautiful things that are happening around you and show gratitude in the moment.
- Remember that stress affects your health and behaviors. This is a time to strengthen your immune system, practice a healthy lifestyle and model this for your children.
- Keep calm, build in breaks and find ways to nurture yourself (e.g. a quiet bath, a cup of tea, five minutes of meditation or prayer).
- Create a “calm down spot” for you and your children. This could be in a corner of the room or under a table. Add special blankets, lotions, calming toys, pillows and stuffed animals.
- Go easy on yourself. Do your best to offer an enriched home environment while your child is out of school, but don’t pressure yourself to be the world’s best teacher while also being the chef, housekeeper, gardener and activities director.
- Ask for help. Reach out to others when you feel distressed or lonely. When taking a walk, make eye contact and check in with neighbors. Reach out to friends and family. Search for new and interesting ways to build connection with others.

### Be informed and communicate appropriately

Stay calm and share accurate information with children about the novel coronavirus. Describe the disease in an age-appropriate way, answer their ques-

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tions and satisfy their curiosity. Try not to make them more anxious or afraid. Stay informed but avoid exposing children to the news media, especially images. Teach children how to stay safe and healthy, giving them strategies of things they can do and a sense of control: coughing into their elbow, washing their hands while singing happy birthday two times. PBSkids ([www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus](http://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus)) has some excellent tips for parents and videos for young children.

## Create a comfortable, predictable routine

Humans crave predictable routines. They help us feel safe, secure and comfortable. Be sure to set regular times to eat together, to be active and to get plenty of rest. This is not the time to allow children to stay up late or eat poorly. A sense of order is soothing and something we can control. Consider blocks of time every day for book reading, drawing, dancing and cooking. Plan your schedule with your children and allow them to help plan the routine. Limit the amount of screen time while encouraging more social and physical activities.

## Teach children to relax their bodies

Your children may be experiencing a wide variety of big emotions. Ask children how they're feeling — take their "emotional temperature" while labeling and validating their feelings. Acknowledge that it's OK for people to experience a wide range of feelings. In order for your child to learn to identify and name emotions, practice by looking through books together and talking about the emotions the characters in the book may be feeling. You can create an emotion book together and you can talk to them about how emotions feel in their body. Try to resist the urge to fix their feelings, patiently listen and let your child know you are really interested.

Young children demonstrate they are stressed in a wide variety of ways. You may notice your child crying more frequently, experiencing nightmares, acting more fearful of being left alone, withdrawing, acting more aggressively or acting like a younger child. If you notice your child appears anxious, offer extra comfort with a hug and gentle words. Teach them ways to cope and relax their body with deep belly breaths, yoga poses, walking, swinging arms, petting animals or playing in warm water.

## Play!

Find time every day for children to be joyful and engage in fun activities. Create a sense of normalcy in their days. Through play, children are building their creativity, working on motor, math and problem-solving skills. This can be done through drawing, going on a scavenger hunt, washing dolls/toys, building a blanket fort, blowing bubbles, having a picnic in the backyard, planning a dance party or playing hide and seek. Play is an important tool for helping children cope with stress and anxiety. Maintain your sense of humor by telling jokes, reading funny stories and laughing at silly things that happen in the day. Remember that it's important for you to model for children that a part of managing stress is doing things that lift your spirits and build connection.

## Explore new ways to connect

Social distancing doesn't mean social isolation. Stay connected through social messaging, phone calls, going outside, virtual field trips, care packages, art and sending messages to neighbors, friends or the postal worker. Other ways that you and your children can feel connected are by planting seeds, taking care of a pet, making gifts, arranging "digital dinners," donating clothes, washing, watering and caring for indoor plants, cleaning the house and making sure others are doing well and have what they need. We are so fortunate to have technology to help our children connect with friends, family, caregivers and teachers via video chat. Integrate this into your routine regularly. Talk with your child ahead of time to help them plan what they would like to share and questions they want to ask.

Remember each day to focus on what is most important: the health and safety of your family. In uncertain times such as these, take advantage of the opportunity to teach your children that together we can cope with adversity. Focus on the fact that you can model how it's done because, "To the world, you may be just one person, but to one person, you may be the world."

*Editor's note: For a list of links to child enrichment resources, see the online version of this story.*

*Cindi Kaup is the mother of three grown children, serves as the early childhood education coordinator for the Humboldt County Office of Education and prefers she/her pronouns. She holds a Master's degree in early childhood special education from Humboldt State University, has worked in the field of early child development for 30 years and lives in Eureka.*



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## NCJ IN REVIEW



Sean and Daniel under the big trees in *Life is Strange 2*.  
Courtesy of Square Enix

# The Aptly Named *Life is Strange 2*

A virtual Humboldt adventure for the homebound

By Carmen Lopez

[reviews@northcoastjournal.com](mailto:reviews@northcoastjournal.com)

**L**ife is *Strange 2* is an episodic, choice-based adventure developed by Dontnod Entertainment and published by Square Enix. In a re-imagining of the road trip trope, the main characters, Mexican-American brothers Sean and Daniel Diaz, are forced to set out on a journey south from Seattle to Puerto Lobos, Mexico. Throughout the tale, the brothers travel through beautifully rendered scenery of Washington's forests, Oregon's coast and, even more familiar, Humboldt County. When I first heard about the game and that the developers had chosen to include our county, I cringed a little.

Notoriously inaccurate portrayals of Northern California and the Emerald triangle abound. It's refreshing to see that Dontnod apparently chose to do its fair share of research into certain aspects of Humboldt life, such as the cannabis industry. The landscapes are inviting and provide a nostalgic air of mystery and wonder. It makes you want to go for a drive and see some of the beautiful sights behind the Redwood Curtain. The characters don't happen into any towns so there won't be any comparisons to draw, but the fairly accurate portrayal of illicit pot farms was amusing.

The game doesn't end there, taking some detours that demonstrate Dontnod did some excellent location scouting for this title. This should be expected due to the success of the first *Life is Strange* game and the announcement the company made early on that the follow-up would feature new characters and locations, since the developers felt the original game's characters Chloe and Max had completed their story.

At its core, this is an adventure game with a tale of two brothers trying to find refuge in

a world that is dangerous and unwelcoming. The theme of racism and systemic abuse runs throughout the game and might have been the driving motivation to make Sean and Daniel of mixed Latino heritage. Being of two worlds and welcome in neither is a strong theme, as well, but this might be more due to the mysterious nature of younger brother Daniel, who seems to have superpowers. One of the strengths of the game is that the greatest tool — sometimes weapon — is in the hands of a young, impressionable mind and not in the older, more mature half of the duo. Every action has consequences that impact the world, yes, but also the brothers' mental and physical wellbeing.

While a good array of decisions are in the hands of players and not just left to the team of talented writers, there are times when you lack freedom of choice. In those moments it's apparent Dontnod is here to tell a story and the game can feel a little bit on rails. There is a point where Sean is pressured numerous times to participate in something dangerous and illicit. Wanting to be the good big brother and protect Daniel, I made the decision not to participate several times but eventually the choice was foisted upon me, and I was left to deal with the fallout I'd desperately tried to avoid. Perhaps this speaks to a certain inevitability, much like the conclusion to the "*Hermanos Lobos*" journey, which I won't spoil here. You'll have to play it for yourself and make your own decisions — that is the true beauty of Dontnod's *Life is Strange* series. ●

*Carmen Jackson-Lopez works for the Yurok Tribe and prefers she/her pronouns. She is a writer and video game enthusiast.*



# Of Penguins and Chickpeas

A pantry staple pleasure from simpler times

by Simona Carini

onthetable@northcoastjournal.com

Fifteen years ago, my husband and I visited New Zealand for the first time. One day we kayaked in the Kenepuru Sound, located in the country's South Island. It was a memorable day because, while paddling, I saw my first penguin: It was what's called a little penguin, a specimen of the smallest species, also called a blue penguin because of its plumage. (For the curious, adult little penguins are the only penguins with blue and white — instead of black and white — feathers.)

At the end of the kayaking tour, we spent a short time in the Portage Hotel. While waiting for our guide, I leafed through a coffee table book about New Zealand that included some recipes. One of them caught my attention, so I jotted it down, but had to leave before completing the transcription. As a result, I am unable to give proper credit for the original recipe, so I apologize to the unknown author. I am also not sure that my version is based on the complete original, since my notes, written on a scrap of paper, were hard to decipher by the time I went over them at the end of the day. In any case, my rendition works well — at least in my opinion.

Recently, as I was going through the list of articles I have written for this column, I realized that in the legume department I had not talked about chickpeas and decided to remedy that. Focus on a pantry staple happens to be particularly relevant for the times in which we are living.

My family and friends in Italy are in a nationwide lockdown, a historic first, due to COVID-19. As I write, Italians can go out to purchase food and medicines, though admission to grocery stores and pharmacies is regulated to avoid crowding inside and people in line outside must stay a minimum of 1 meter (3.3 feet) apart.

And now Humboldt County residents are ordered to shelter in place. Having extra non-perishable foods in the pantry is a generally good idea (we still live in earthquake country, for one thing). And now it's a necessity. Recipes like the one on this page offer a chance to make use of items bought to prepare for isolation or that may have been sitting on your shelves for a while.

I prefer to cook dried legumes from



A recipe from another hemisphere: Chickpeas with tomatoes and dried apricots, with a side of cauliflower. Photo by Simona Carini

scratch rather than using canned ones. Cans, however, are good to have on hand for situations when cooking is not possible. I am a lover of tomatoes, particularly roasted tomatoes. When summer is only a memory or is still far into the future, fire-roasted canned tomatoes are my go-to solution. Dried fruit is also quite useful in the kitchen and dried apricots are a personal favorite.

In my rendition, I halved the amount of apricots, so the dish is not as sweet and there is more room for the flavors of cumin, onion and oregano to shine. You can serve the chickpeas with a side of *polenta*, particularly on days when the thermometer struggles to get to a reassuring number. Another suggestion for accompaniment (shown in the photo) is cauliflower with *za'atar* ("Dressing Up Roasted Cauliflower," April 11, 2019), a recipe I shared last year and a great favorite in our household. In the latter case, the ensemble is vegan.

## Chickpeas with Tomatoes and Dried Apricots

Serves 4-5. Dried chickpeas must be soaked 8-12 hours before cooking. The cooking method below is derived from *Vegetarian Cooking for Everyone* by Deborah Madison.

### Ingredients:

- 1 cup dried chickpeas
- ½ small onion, halved
- 2 sprigs fresh parsley
- 3 garlic cloves, peeled
- 1 bay leaf
- 14-inch piece of kombu (optional)
- 1 teaspoon sea salt
- ½ cup diced dried, unsulphured apricots
- 3 tablespoons extra-virgin olive oil
- 1 large onion (about ½ pound), chopped
- 1 ½ teaspoons ground cumin, preferably freshly ground from seeds toasted in a dry skillet until fragrant
- 1 teaspoon dried oregano
- 1 14.5 ounce can of fire-roasted crushed tomatoes
- 3 garlic cloves, minced
- Fine sea salt, to taste

Rinse the dried chickpeas and place them in a bowl. Add enough cold water to cover them by 2 inches and soak for 8-12 hours.

Drain and rinse the chickpeas before placing them in a saucepan with 5 cups of fresh cold water. Bring to a boil for 10 minutes, skimming off any foam that forms on the surface. Lower the heat, add the onion, parsley, peeled garlic, bay leaf and optional kombu. Simmer, partly covered, until the chickpeas are almost tender, about 45 minutes. If some skins surface, skim them out. Add 1 teaspoon of salt and continue cooking until the chickpeas are completely tender but not mushy. Remove the aromatics and drain the chickpeas, reserving the cooking broth for other uses. If you are not preparing the dish right away, refrigerate the chickpeas in an airtight container until ready for use.

Place the diced dried apricots in a small bowl and cover them with warm water.

Warm up a cast-iron Dutch oven over medium heat and add the olive oil. Add the onion, stir, then sprinkle the cumin. Place the oregano on the palm of your hand and crush it with your fingers, then add it to the onion. Cook on low heat stirring often, until the onion is translucent. Drain the apricots, reserving the liquid. Add the chickpeas, tomatoes and apricots. Rinse the empty tomato can with ¼ cup of water (use the water drained leftover from the apricots plus more as needed) and pour the mixture into the pan.

Raise the heat to medium until the mixture starts bubbling, then lower the heat and simmer for 10-15 minutes, covered. Add the minced garlic and cook another 5 minutes, uncovered. Adjust the salt, then turn off the heat. Cover and keep warm until you are ready to serve — the sooner the better.

Simona Carini also writes about her adventures in the kitchen on her blog [www.pulcetta.com](http://www.pulcetta.com). She prefers she/her pronouns.

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# Not to Be

Theaters and performers adjust to a season cut short by COVID-19

By Linda Stansberry  
frontrow@northcoastjournal.com

**L**eira Satlof and her team chose *Clue: The Musical* for Ferndale Repertory's 2020 season because they thought people needed some fun.

"We chose it because things were already kind of bad," says Satlof, the theater's artistic producing director. "We chose a season of things we thought were fun. We thought our patrons would appreciate it."

It was a demanding text to perform, one that would involve a lot of audience interaction and 216 possible endings, depending on what the audience chose. The actors, who were cast in May of 2019 and began rehearsing in January, worked hard. But when it became apparent a week before the show's opening night of March 19 that *Clue* and other local performances would have to be put on hold indefinitely to protect public health, the cast and crew — which includes several emergency responders — got on board.

"When we brought the realities to the cast and crew, we came to understand that [some of them were at greater] risk because they were over 60," says Satlof. "There were others with high rates of potential exposure, people who worked in juvenile hall, a police officer."

So the team left its intricately built set assembled on the stage and sent the word to ticket-holders that the show would not go on. Totalling the amount paid for the rights to the play, the cost of paying the choreographer, set builders, costume designer and the refunding of ticket holders,

Satlof estimates a \$50,000 loss for the tiny theater.

"I feel really grateful that we have a high-functioning board that can figure it out," says Satlof, who is the organization's only full-time employee. FRT's last musical of the season 9-to-5 has been postponed until May of 2021.

Calder Johnson, managing artistic director of North Coast Repertory Theatre, says his organization also took a significant hit when its doors shut last week, although he hasn't yet penciled out the total financial impact.

"The good news is that we already operate on a shoestring," he says. "It allows us to go into hibernation more easily. I am currently looking for options I have for filing for unemployment. We still need to keep the lights on. The reality is it's all going to depend on how long this will last."

NCRT decided to halt performances just before the preview night of *Hamlet*, scheduled to open March 13. Friends and family of the cast, having made plans to travel from out of the area to see the debut, scrambled to cancel plane tickets.

"I ended up having to make the decision to pull the plug about 48 hours before we opened," says Johnson. "Never in the history of NCRT — 37 years — have we had to just straight up stop an opening production. It was very traumatizing and surreal. It showed us how much we depend on and care for each other."

Jordan Dobbins, cast to play Hamlet, calls the cancellation a "gut punch."



A publicity photo for NCRT's *Hamlet*. Submitted

Dobbins had taken a break from his online coursework for the five-week run of the show, and now finds himself shuffling school and work back to the front burner as he waits to hear what's next. "We've got a silver lining in that the text is so old that it's public domain and there's no restrictions on how long we can use it," he says, adding that he hopes to get the cast together at some point to do the performance they worked so hard on. "If we can all get into the theater, get one version that we can do a ProShop of, we could release it online."

Satlof and Johnson are in preliminary talks to create a fundraiser of some sort to support local theater, possibly a multi-day cabaret, although these are early days. Some patrons have retained their memberships and donated the cost of their tickets back to the theaters rather than asking for refunds, which helps. But Johnson also worries about the local businesses that support NCRT through sponsorship, the restaurants and others that may be hard hit in coming months. "I am worried for NCRT but I am also worried for them and what the long-term effects will be on our community," he says.

Johnson emphasizes that *Hamlet* has been postponed, not canceled. The cast continues to rehearse, using virtual plat-

forms to run lines and "stay fresh," with the hopes they can soon pick up where they left off. They've collected their efforts under the hashtag #placesandholding.

Dobbins continues to run lines at home with his wife, Emma, who was cast in *Hamlet* as First Gravedigger/Clown. David Hamilton, the director, stays in touch with the cast, giving them challenges to help them better understand the material.

"He keeps us on our toes," Dobbins says. "The other day he said to go through the script, find texts that are relevant to this time."

What did he find? Unsurprisingly, Shakespeare — whose Globe theater was closed several times by the Bubonic plague's sweep through London — had some things to say, including this from *Hamlet*, Act 2, Scene 2:

"... the air, look you, this brave o'erhanging firmament, this majestic roof fretted with golden fire, why, it appears no other thing to me than a foul and pestilent congregation of vapours."

Linda Stansberry is a freelance writer of fiction and nonfiction in Eureka. She prefers she/her pronouns.

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# Calendar March 26 – April 2, 2020

Humboldt, America: Let's hunker down together with a hot dog, a slice of apple pie and one of our favorite pastimes — baseball. Casey may not currently be at the bat, but we can still enjoy that good ol' American sport until we can return to those fields of green. PBS is **streaming Ken Burns' Baseball** for free via the **PBS App** and on the **PBS.org homepage** ([www.pbs.org/show/baseball](http://www.pbs.org/show/baseball)). And don't forget to take that seventh-inning stretch.



Submitted

Tune in to KEET TV to view programming from **First Nations Experience (FNX)**, the first and only nationally broadcast television network in the U.S. exclusively devoted to Native American and World Indigenous content. The Native-produced and themed documentaries, dramatic series, nature, cooking, gardening, children's and arts programming includes **Spirit in Glass: Plateau Native Beadwork** on **Thursday, March 26, at noon** on **channel 13.4** and **Wild Kitchen** on **Friday, March 27, at 11 a.m.** on **channel 13.4**, where Gerri Sharpe discusses Inuit food, medicine and tattoos.



Submitted



Photo by JakeG

And here's a cool thing for lovers of the weird and wacky. San Jose's **Winchester Mystery House** is offering **free virtual tours** of one of America's oddest architectural wonders. The sprawling mansion is closed to the public but offers a free digital tour of the estate that you can check out from the comfort of your own not-weird-at-all home (no matter what insane fort your kids have made with the couch cushions at the end of the hall that are blocking the door to the bathroom). Go to [www.winchestermysteryhouse.com/video-tour](http://www.winchestermysteryhouse.com/video-tour) anytime to check it out.

## Community Bulletin Board:

**Redwood National and State Parks**, and other state parks in Humboldt are open. However, campgrounds are closed, along with RNSP parking lots, visitor centers and most restrooms, until further notice.

**The Arcata Marsh** is still open but all guided Saturday tours and bird walks at the marsh sponsored by Friends of the Arcata Marsh (2 p.m.) and Redwood Region Audubon Society (8:30 a.m.), have been canceled.

**PacOut Green Team** has canceled all cleanups while the shelter-in-place order is in effect. However, if you're out doing your part (while self distancing, of course), post pictures of yourself cleaning up your community tagging the team or use #pacoutgreenteam on Facebook and/or Instagram and you'll get some sharing love on its social media pages.

**Humboldt Grange #501** is closing its doors for the next few weeks and its March monthly community breakfast has been canceled. It hopes to be back up and running soon.

**The Humboldt County Animal Shelter** will be closed to the public until April 9 or until the shelter-in-place order is lifted, though staff will still be feeding and caring for the animals. If your pet is impounded at the shelter during this time, please call 840-9132 to make pick-up arrangements and leave a message and your call will not be returned. Office staff will be answering calls at the shelter Monday through Friday from 8 a.m. to 4:30 p.m.

**Ferndale Repertory Theatre Scholarship Extension.** Graduating high school seniors interested in pursuing a career in the performing arts can apply for the 30th annual \$500 scholarship by April 17. All applicants must be recommended by their drama or English teacher, have a 3.5 or better GPA and have expressed a continuing desire to pursue the arts through participation with high school and community arts organizations. Applications at [www.ferndalerep.org/educate/scholarship](http://www.ferndalerep.org/educate/scholarship), or by calling 786-5483.

## Give Help / Get Help:

**The Ink People Center for the Arts** announces a crowdfunding campaign to support artists who have lost gigs, performances, teaching opportunities and exhibitions during the COVID-19 pandemic. Donations can be made at [www.facebook.com/donate/2497845256987651](http://www.facebook.com/donate/2497845256987651). Humboldt County artists who've lost work due to COVID-19, you can apply for \$50 gift cards to help with groceries, bills and necessities at [www.forms.gle/Lu8tkQ5cmWsnAU676](http://www.forms.gle/Lu8tkQ5cmWsnAU676).

**School lunches.** Humboldt County kids can still receive free meals. For distribution sites, locations and times, go to [www.hcoe.org/covid-19-2/school-meal-times-and-locations](http://www.hcoe.org/covid-19-2/school-meal-times-and-locations).

**Humboldt Mutual Aid.** This Facebook group describes itself as "a grassroots disaster relief network based on the principles of solidarity, mutual aid and autonomous direct action. Humboldt Mutual Aid is a working group in the MADR network comprised of local artists and activists." To learn more, visit [www.facebook.com/humboldtmutualaid](http://www.facebook.com/humboldtmutualaid).

**Audible**, an audio book service, is offering free streams on select children's stories across six languages. The service will be available for as long as schools are closed. The books are separated into six categories: Littlest Listeners, Elementary, Tween, Teen, Literary Classics and Folk and Fairy Tales for All.

**Suddenlink** is offering free internet for 60 days, where available, to any household in its service area that has a student from K-12 and/or college who are displaced due to customers can either cancel or keep it for \$14.99 per month, with no annual contract. Eligible households can call (888) 633-0030.

**Salvation Army, Humboldt County, Eureka Corps** at 2123 Tydd St. Eureka, is handing out food bags, activities for kids and more. Monday through Friday from 9 a.m. to noon, staff delivers food to homebound individuals. Those who need this service can call 442-6475 to sign up. The organization desperately needs supplies (food and hygiene), as well as volunteers. Those interested should email Volunteer Coordinator Hannah Hubner at [Hannah.Hubner@usw.salvationarmy.org](mailto:Hannah.Hubner@usw.salvationarmy.org). You can also donate online at [www.covid19.gosalarmy.org](http://www.covid19.gosalarmy.org).

Gov. Gavin Newsom announced Californians who rely on **Me-di-Cal**, **CalFresh**, **CalWORKS**, **Cash Assistance for immigrants** and **in-home supportive services** will not lose access due to COVID-19. If you receive any of these services, you do not have to worry about your re-determinations eligibility for 90 days. The 90-day period started March 18. Newsom's other announcements and executive orders related to COVID-19 can be viewed at [www.gov.ca.gov/newsroom](http://www.gov.ca.gov/newsroom).

**Food for People.** The nonprofit incurred devastating damage earlier this month after a city sewer back-up flooded its main building and warehouse in Eureka. It was able to reopen a choice pantry at 2112 Broadway, the former Eureka Chamber of Commerce building, through an agreement with the city. In response to COVID-19, Food for People is altering distribution methods, providing more drive-thru services and giving people more space as they wait. While still looking for warehouse and freezer storage, the organization is asking for financial donations rather than food. For more information, visit [www.foodforpeople.org](http://www.foodforpeople.org).

**KEET.** Coronavirus information will be featured daily via **PBS Newshour** and other special programs to help keep you informed. The PBS Children's Media and Education team has resources available for families and educators, including a new PBS Kids daily newsletter offering educational videos, games and related offline activities to help keep kids playing and learning while school is closed.

**PBS Kids 24/7** channel offers free resources for families and caregivers with anytime access to trusted educational series for kids ages 2-8 and the following digital tools:

**PBS KIDS Video.** Available on mobile, tablet and connected TV devices, PBS KIDS ([www.pbskids.org/apps/pbs-kids-video](http://www.pbskids.org/apps/pbs-kids-video)) offers on-demand educational videos and a livestream of the PBS KIDS 24/7 channel. No subscription required.

**PBS KIDS Games App.** Includes nearly 200 educational games that can be downloaded for offline play. Learn more about this and PBS KIDS' other apps at [www.pbskids.org/apps](http://www.pbskids.org/apps).

**PBS KIDS for Parents.** A robust website ([www.pbs.org/parents](http://www.pbs.org/parents)) with information, activities and tips for parents, including resources for talking with kids about coronavirus, encouraging healthy habits, managing worried feelings and supporting playful learning at home.

**PBS KIDS Daily Newsletter.** A new weekday newsletter ([www.public.pbs.org/PBSKIDSDaily](http://www.public.pbs.org/PBSKIDSDaily)) with videos, games, related offline activities and tips parents can use to keep their children playing and learning at home. Available on mobile, tablet and connected TV devices, PBS KIDS offers on-demand educational videos and a livestream of the PBS KIDS 24/7 channel. No subscription required.

*Continued on next page »*



## Virtual Events:

Many of your favorite musicians (local and international) are hosting live streaming music events from their Facebook and Instagram pages. Keep your eyes out for those. As many as we hear about (locals, send us your live stream info!), we'll share here.

**The Arts Alive! Humboldt** Facebook page hosts some live streams of artists' works in progress, plus other ways to connect and have a virtual Arts Alive!

**North Coast Small Business Development Center** is hosting virtual classes on Facebook — see their Facebook pages for details.

**The Social Distancing Festival**, Virtual World, Online. A site for celebrating art from all over the world. Tune in for live streams of music, theater, storytelling, performance art and more. [www.socialdistancingfestival.com](http://www.socialdistancingfestival.com). Free. [www.socialdistancingfestival.com](http://www.socialdistancingfestival.com).

**The Royal Opera House Free Streaming Opera/Ballet**. Friday, March 27, noon. Virtual World, Online. Tune in to The Royal Opera House of London's Facebook page or YouTube channel and bring a program

of high art into your living room: March 27, *Peter and the Wolf* (Royal Ballet, 2010); April 3, *Acis and Galatea* (Royal Opera, 2009); April 10, *Così fan tutte* (Royal Opera, 2010); April 17, *The Metamorphosis* (Royal Ballet, 2013). Free.

**Quarantine Sing-a-long**. Ongoing, 7 p.m. Virtual World, Online. A Facebook group to join if you like fun group singing. Song of the day posted at 3 p.m. PST, singing starts at 7 p.m. PST. [www.facebook.com/groups/quarantinesingalong](http://www.facebook.com/groups/quarantinesingalong). Free.

**Winchester Mystery House Virtual Tour**. Virtual World, Online. An exploration of the famously spooky home while it's closed for the COVID-19 pandemic. Follow Winchester Mystery House's Facebook page for the next opportunity to tune in for a walkthrough of the house, which will stream on select days at 1 p.m. Free. [www.winchestermysteryhouse.com/video-tour](http://www.winchestermysteryhouse.com/video-tour).

**Drag Queen Story Hour**. Thursday, March 26, Saturday, March 28, and Monday, March 30. Virtual World, Online. Glitter, wigs and stories for the kids. Visit [www.facebook.com/pg/dragqueenstoryhour/events](http://www.facebook.com/pg/dragqueenstoryhour/events) to see who's reading when and hear a fabulous story. Free.

**Virtual Marine Camp for Kids**. Mondays, 11 a.m. Virtual World, Online. Seattle-based Oceans Initiative marine biologists and parents Erin Ashe and Rob Williams livestream Mondays simultaneously on Instagram and Facebook. No need to sign up. Just like and follow their pages, and they'll "see" you Mondays at 11 a.m. Free. [@oceansinitiative](http://www.facebook.com/OceansInitiative), [www.oceansinitiative.org/blog](http://www.oceansinitiative.org/blog).

**Socially Distant Fest**. Another Facebook group for virtual connection and entertainment with 57,000 members and growing. From the group's "About" page: "This group has been created to bring some entertainment to those of us who are isolated, quarantined or distanced socially because of the COVID19 pandemic. We welcome performers of all backgrounds (musicians, poets, puppeteers, fire spinners, etc.) to share their talents with us! We will have a showcase every Sunday." Email [howdy@sociallydistantfest.com](mailto:howdy@sociallydistantfest.com) to perform. Find it at [www.facebook.com/groups/sociallydistantfest](http://www.facebook.com/groups/sociallydistantfest).

**Revenge of the Artists: A Virtual Cabaret**. Noon to 3 p.m., Saturday, March 28. To participate, send a video of you performing your favorite artistic medium (reciting a

monologue, singing, slam poetry, dance, time stop video of your makeup routine or any other artistic expression) to [loudmouth-blackgirl@gmail.com](mailto:loudmouth-blackgirl@gmail.com) by Friday, March 27. Free. [www.facebook.com/events/s/revenge-of-the-artists-a-virtu/502664287077362](http://www.facebook.com/events/s/revenge-of-the-artists-a-virtu/502664287077362).

**Zumba Live with Tigger**. Tuesdays and Thursdays, 5:30 p.m. Virtual World, Online. Via Facebook Live and Zoom. Find Tigger Bouncer Custodio on Facebook for details.

**Got a virtual event to share?** Upload it to our online calendar at [www.northcoastjournal.com](http://www.northcoastjournal.com) by clicking the "Submit an event" button and choosing the "Virtual World" location/venue.

**Want to get a virtual event going?** Visit our website or email [jennifer@northcoastjournal.com](mailto:jennifer@northcoastjournal.com) for links to handy tutorials. Then let us know when you plan to go live so we can help you find an audience.





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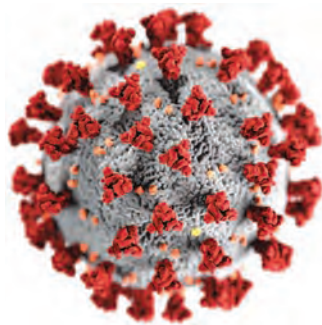


# Blame Evolution

## (Not a Chinese Lab)

By Barry Evans

fieldnotes@northcoastjournal.com



Electron microscope view of coronavirus. The spikes on the outer surface contain both molecular “grappling hooks” and “can openers” to allow the virus to enter a cell.

*Image by the Centers for Disease Control*

**M**any conspiracy theorists, who seem to make up about half the posters I’m seeing on Facebook these days, have glommed onto the idea that SARS-CoV-2 (the coronavirus causing the COVID-19 epidemic) was engineered in a lab. Where? Wuhan, China. Why? To cull China’s aging population and to sow chaos around the world.

You’ll be relieved to know that it originated via purely natural processes. Relieved because if it were that easy to artificially manufacture an infectious virus as a weapon of mass destruction, we’d be seeing a repeat of the present situation every month or so. On March 17, the journal *Nature Medicine* published the results of a study that seems to rule out any artificial — that is, non-evolutionary — source for the virus. Instead, it’s just nature doing what nature does: experiment via mutations.

**Background:** A virus is a tiny agent, generally about one-hundredth the size of a bacterium, that can infect cells of plants and animals. In humans, most viral infections induce an immune response, either through our natural antibodies or through responses produced by vaccines. (Some viruses are immune to these responses, hence HIV, HPV and viral hepatitis.) A coronavirus has spikes around its spherical body (“corona” = crown). Seven coronaviruses are known to infect humans, three of which are serious: SARS (severe acute respiratory syndrome, China, 2003), MERS (Middle East respiratory syndrome, Saudi Arabia, 2012) and now SARS-CoV-2.

**To recap recent history:** On Dec. 31, Chinese authorities alerted the World Health Organization about a novel coronavirus. After a spectacularly rocky start in China (healthcare whistleblowers being censured and, in one case, dying from the disease), on Jan. 10, China released the full genetic “sequence” of the SARS-CoV-2 genome to researchers worldwide. The disease has since spread to 170 countries, causing more than 200,000 identified infections and more than 8,000 deaths as of press time.

**The cause:** The researchers in the study referred to above looked at two telltale features of the SARS-CoV-2 virus, distinctive components of the spikes that give coronaviruses their name: “cleavage sites” — molecular can openers, as it were — to crack open host cells; and “grappling hooks” (RBD, receptor-binding domain) to

grab and penetrate the walls of its hosts’ cells (specifically, human ACE-2, which regulate blood pressure). The RBD portion of the SARS-CoV-2 spike protein, it turns out, isn’t as efficient as on the original SARS virus, implying that it arose naturally, not artificially, since a mad bioengineer would simply have copied SARS. Similarly, you’d expect our mad scientist to create a bomb-proof virus by copying the molecular “backbone” of other disease-causing viruses. Which really does rule out the artificial nature of SARS-CoV-2, because its backbone differs substantially from known coronaviruses. So how did it start? The study identifies two possible scenarios:

**“Pre-adaption”:** Similar to previous coronavirus outbreaks, the virus — battle-tested and ready to go — jumped straight from animals to humans. For SARS, the animal was a civet (a small tropical animal that’s sold for its meat in parts of China), although the virus originated in bats, with civets being the intermediary; for MERS, the virus also came from bats, this time via camels. The study speculates that Malayan pangolins (armadillo-like mammals) may have been the link between bats and humans in the case of SARS-CoV-2.

**“Post-adaption”:** In this scenario, a non-pathogenic version of the virus jumped from an animal to a human, then mutated into its present form in its human host. The idea here is that the RBD of SARS-CoV-2 is similar to that found in pangolins, while the cleavage sites are similar to strains of bird flu. That is, SARS-CoV-2 appears to have evolved in humans from two different animal hosts.

**Why does this matter?** Because (quoting from the study), “If SARS-CoV-2 pre-adapted in another animal species, then there is the risk of future re-emergence events,” whereas the second scenario is much less likely to recur. More research will decide this question.

Meanwhile, rest assured: Nature didn’t need our help with this one; she came up with it all by herself.

●  
*Barry Evans (barryevans9@yahoo.com) is self-isolating at home and in his kayak on the bay.*

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[northcoast.coop/covid-19.php](http://northcoast.coop/covid-19.php)

or visit us on Facebook and Instagram where we post our latest updates.

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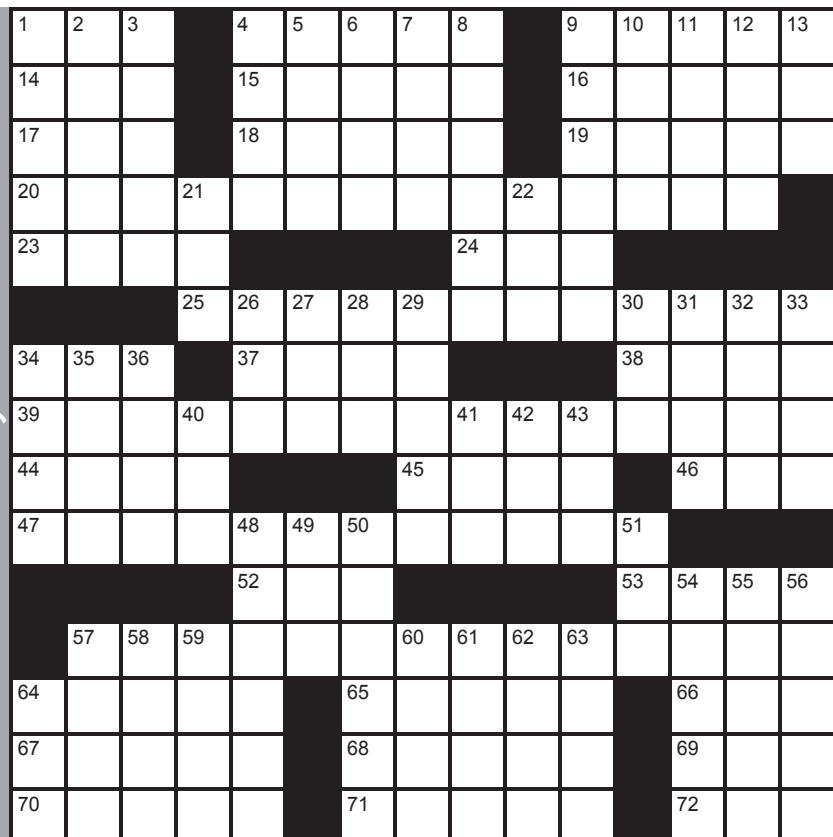
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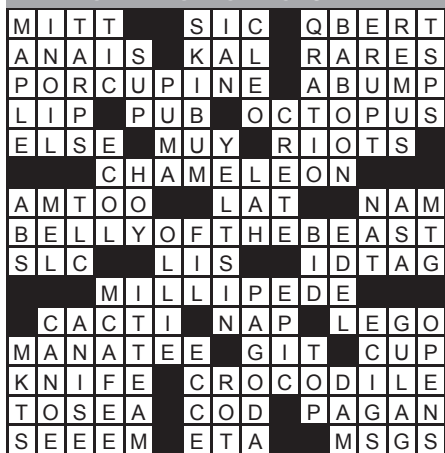
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**ACROSS**

1. Alert to squad cars, for short
4. Blue Ribbon brewery
9. Like the Addams Family
14. Teammate of Babe on the 1920s Yankees
15. Yale of Yale University
16. Facebook Messenger precursor
17. Game-ending cry at a card table
18. "The Autobiography of Alice B. Toklas" author
19. Where you might stop before going home
20. Alternative to "..."
23. Question to a backstabber
24. Abbr. at the bottom of a letter
25. Alternative to "..."
34. 511, in old Rome
37. The "E" of HOMES
38. Recent: Prefix
39. Alternative to "..."
44. Worry
45. Setting for the highest-grossing movie of 1939
46. 7'4" former NBA star Smits
47. Alternative to "..."
52. Mined-over matter?
53. Cong. established it in 1958
57. Alternative to "..."
64. 5-7-5 verse
65. Garlicky mayo
66. "V for Vendetta" actor Stephen
67. Only U.S. president to have 15 children

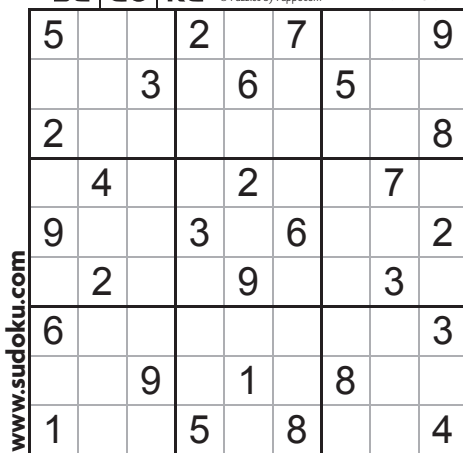
**DOWN**

1. Diet for some aquarium fish
2. "Your \_\_\_ being?"
3. Ring-shaped cake type
4. Cabo currency
5. \_\_\_ sax
6. "Muy \_\_\_, gracias"
7. LaBeouf of "Transformers" films
8. Dig
9. Lawn flamingos, e.g.
10. Number between siete and nueve
11. Birthplace of seven U.S. presidents
12. Richard of "Home Improvement"
13. From Jan. 1
21. Stand in (for)
22. Strands for life?
26. Allow
27. Three-point line, for one
28. Shake a leg, quaintly
29. "\_\_\_ Getta Jetta" (Volkswagen slogan)
30. Secretly loop in
31. Sinister look
32. \_\_\_-Defamation League
33. Pawn
34. Stand up to
35. Bonus, in ads
36. Like some lattes
40. Pilot's landing guess: Abbr.
41. Coral islet
42. Big Band \_\_\_
43. Little bit
48. Cultured fare?
49. Exist
50. Micromanager's concern
51. "I'll take that as \_\_\_"
54. Buenos \_\_\_
55. Furtive sort
56. Breakout company of 1976?
57. "Divine Secrets of the \_\_\_ Sisterhood"
58. In need of a shampoo, say
59. Maui music makers
60. New Zealand: Kiwi :: Costa Rica :: \_\_\_
61. Clears weeds, say
62. "Night" memoirist Wiesel
63. Tire-changing spots
64. Elevs.

**LAST WEEK'S ANSWERS TO BELLY****su | do | ku**

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# WORKSHOPS & CLASSES

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Listings must be paid in advance by check, cash or Visa/MasterCard. Many classes require pre-registration.

**Arts & Crafts**

**POTTERY, GLASS, JEWELRY AT FIRE ARTS: SPRING SESSION:** March 30-June 6 Full schedule of classes@fireartsarcata.com or call 707-826-1445 Sign-up begins February 24, 9am. 520 South G St. Arcata (A-0326)

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**STEEL DRUM CLASSES.** Weekly Beginning Class: Level 2 Beginners Class Fri's. 11:15a.m.-12:45p.m. Beginners Mon's 7:00p.m.-8:00p.m. Pan Arts Network 1049 Samoa Blvd. Suite C (707) 407-8998. [panartsnetwork.com](http://panartsnetwork.com) (DMT-1231)

**Fitness**

**SUN YI'S ACADEMY OF TAE KWON DO.** Classes for kids & adults, child care, fitness gym & more. Tae Kwon Do Mon-Fri 5-6 p.m., 6-7 p.m., Sat 10-11 a.m. Come watch or join a class, 1215 Giuntoli Lane, or visit [www.sunyisarcata.com](http://www.sunyisarcata.com), 825-0182. (F-1231)

**Kids & Teens**

**POTTERY, GLASS, JEWELRY AT FIRE ARTS: SPRING SESSION:** March 30-June 6 Full schedule of classes@fireartsarcata.com or call 707-826-1445 Sign-up begins February 24, 9am. 520 South G St. Arcata (K-0326)

**50 and Better**

**OSHER LIFELONG LEARNING INSTITUTE (OLLI).** Offers dynamic classes for people age 50 and over. Call 826-5880 or visit [www.humboldt.edu/olli](http://www.humboldt.edu/olli) to register for classes (O-1231)

**Spiritual**

**EVOLUTIONARY TAROT** Ongoing classes, private mentorships and readings. Carolyn Ayres. 442-4240 [www.tarotofbecoming.com](http://www.tarotofbecoming.com) carolyn@tarotofbecoming.com (S-1231)

**HUMBOLDT UNITARIAN UNIVERSALIST FELLOWSHIP.** We are here to change lives with our love. Services at 9am and 11am on Sunday. Child care is provided. 24 Fellowship Way, off Jacoby Creek Rd., Bayside. (707) 822-3793, [www.huuf.org](http://www.huuf.org). (S-0130)

**LIFE WITHOUT LIMITS**  
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[DavidSandercott.com](http://DavidSandercott.com)

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**SEX/ PORN DAMAGING YOUR LIFE & RELATIONSHIPS?** Confidential help is available. 707-825-0920, [saahumboldt@yahoo.com](mailto:saahumboldt@yahoo.com) (T-1231)

**SMARTRECOVERY.ORG** 707 267 7868. (T-0423)

**SMOKING POT? WANT TO STOP?** [www.marijuana-anonymous.org](http://www.marijuana-anonymous.org) (T-1231)

**Vocational**

**2020 WILDLIFE TRACK AND SIGN WORKSHOPS** 9:15am-4pm with biologist Phil Johnston every other Sat. Sign up: HSU Natural History Museum 1242 G St Arcata. Space is limited. Cost \$25. Discounts apply. [www.humboldt.edu/natmus](http://www.humboldt.edu/natmus) (V-0326)

**Wellness & Bodywork**

**DANDELION HERBAL CENTER CLASSES WITH JANE BOTHWELL.** Herbal & Traditional Healing in Greece with Thea Parikos. May 22 - June 2, 2020. Discover the beauty, aromas, traditional and modern uses of many medicinal plants on this amazing journey of learning to the Aegean island of Ikaria. Beginning with Herbs. Sept 16 - Nov 4, 2020, 8 Wed. evenings. Learn medicine making, herbal first aid, and herbs for common imbalances. 10-Month Herbal Studies Program. Feb - Nov 2021. Meets one weekend per month with three camping trips. Learn in-depth material medica, plant identification, flower essences, wild foods, formulations and harvesting. Register online [www.dandelionherb.com](http://www.dandelionherb.com) or call (707) 442-8157. (W-0507)

**REFLEXOLOGY TRAINING** Starts April 24 Find out more at [www.reflexologyinstruction.com](http://www.reflexologyinstruction.com) or call instructor Alexandra Seymour 707-822-5395 (W-0326)

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**Citation to Parent  
In and for the  
Superior Court of California  
County of Humboldt  
In the matter of the adoption  
petition of Brandy Pancoast,  
Adopting Parent  
Case number AD2000013  
TO: CHELSEY ISREAL.**

By order of this court you are hereby advised that you may appear before the judge presiding in Department 6 of this court on 4/28/2020 at 8:30am then and there to show cause, if any you have, why Payten Maire Pancoast and Richard Lee Pancoast, III, should not be declared free from your custody and control for the purpose of freeing Payten Maire Pancoast and Richard Lee Pancoast, III for placement for adoption. The following information concerns rights and procedures that relate this proceeding for termination of custody and control of said minor as set forth in Family Code Section 7860 et seq:

1. At the beginning of the proceeding the court will consider whether or not the interests of the minor children require the appointment of counsel. If the court finds that the interests of the minor do require such protection, the court will appoint counsel to represent them, whether or not they are able to afford counsel. The minor will not be present in court unless the court so orders.

2. If a parent of the minor appears without counsel and is unable to afford counsel, the court must appoint counsel for the parent, unless the parent knowingly and intelligently waives the right to be represented by counsel. The court will not appoint the same counsel to represent both the minor and his parent.

3. The court may appoint private counsel. If private counsel is appointed, he or she will receive a reasonable sum for compensation and expenses, the amount of which will be determined by the court. That amount must be paid by the real parties in interest, but not by the minor, in such proportions as the court believes to be just. If, however, the court finds that any of the real parties in interest cannot afford counsel, the amount will be paid by the County.

4. The court may continue the proceeding for not more than thirty (30) days as necessary to appoint counsel to become acquainted with the case.

DATED: March 2, 2020

Kastrina W, Clerk  
KIM M. BARTLESON  
By: Katrina W

3/19, 3/26, 4/2, 4/9 (20-092)



**PUBLIC SALE**

NOTICE IS HEREBY GIVEN that the undersigned intends to sell the personal property described below to enforce a lien imposed on said property pursuant to Sections 21700-21716 of the Business & Professions Code, Section 2328 of the UCC, Section 535 of the Penal Code and provisions of the civil Code.

The undersigned will sell at auction by competitive bidding on the 1st of April, 2020, at 9:00 AM, on the premises where said property has been stored and which are located at Rainbow Self Storage.

The following spaces are located at 4055 Broadway Eureka, CA, County of Humboldt.

Jennifer Lenihan, Space # 5013  
Richard Dunning, Space # 5204  
Katlin Coyle, Space # 5221  
Danielle Miller, Space # 5429  
Celia Clark, Space # 5449

The following spaces are located at 639 W. Clark Street Eureka, CA, County of Humboldt and will be sold immediately following the sale of the above units.

Daniel Bennett, Space # 2104  
Jonathan Glinsey, Space # 2307

The following spaces are located at 3618 Jacobs Avenue Eureka, CA, County of Humboldt and will be sold immediately following the sale of the above units.

Jasmine Manson, Space # 1170  
Craig Mooslin, Space # 1209  
Craig Mooslin, Space # 1404  
Craig Mooslin, Space # 1406  
Kevin Grundman, Space # 1650

The following spaces are located at 105 Indianola Avenue Eureka, CA, County of Humboldt and will be sold immediately following the sale of the above units.

Craig Mooslin, Space # 164  
Tyler Covington, Space # 184  
Craig Mooslin, Space # 287  
Kelly Sprague, Space # 519  
Caitlin Christin, Space # 582  
Christel Williams, Space # 715

Items to be sold include, but are not limited to:  
Household furniture, office equipment, household appliances, exercise equipment, TVs, VCR, microwave, bikes, books, misc. tools, misc. camping equipment, misc. stereo equip. misc. yard tools, misc. sports equipment, misc. kids toys, misc. fishing gear, misc. computer components, and misc. boxes and bags contents unknown.

Anyone interested in attending Rainbow Self Storage auctions must pre-qualify. For details call 707-443-1451. Purchases must be paid for at the time of the sale in cash only. All pre-qualified Bidders must sign in at

4055 Broadway Eureka CA. prior to 9:00 A.M. on the day of the auction, no exceptions. All purchased items are sold as is, where is and must be removed at time of sale. Sale is subject to cancellation for any reason whatsoever.  
Auctioneer: Kim Santsche, Employee for Rainbow Self-Storage, 707-443-1451, Bond # 40083246.

Dated this 19th day of March, 2020 and 26th day of March, 2020

3/19, 3/26 (20-091)

**SUMMONS CASE NUMBER:  
CV2000166**

NOTICE TO DEFENDANT: DOE PERSONAL REPRESENTATIVE of the ESTATE OF PATRICIA MILLER, and DOES I through 100 YOU ARE BEING SUED BY PLAINTIFF: WESTERN LIVING CONCEPTS, INC., d.b.a. Timber Ridge at Eureka, Renaissance

NOTICE! You have been sued. The court may decide against you without your being heard unless you respond within 30 days. Read the information below. You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court. There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/self-help), or by contacting your local court or county bar association. NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in a civil case. The court's lien must be paid before the court will dismiss the case. The name and address of the court is: SUPERIOR COURT OF CALIFORNIA, COUNTY OF HUMBOLDT 825 Fifth Street, Eureka, CA 95501 The name, address, and telephone number of the plaintiff's attorney,

or plaintiff without an attorney is: John S. Lopez, Tamara C., Falor, Justin T. Buller, Harland Law Firm LLP, 212 G Street, Suite 201, Eureka, CA 95501, (707) 444-9281 Date: JAN 30 2020

3/5, 3/12, 3/19, 3/26 (20-078)

**FICTITIOUS BUSINESS NAME  
STATEMENT 20-00106**

The following person is doing Business as  
**THE HUMBOLDT COUNTY  
COLLECTIVE**

Humboldt  
1670 Myrtle Ave #B  
Eureka, CA 95501

**My Golden Green Inc.  
CA 35 03177  
1670 Myrtle Ave #B  
Eureka, CA 95501**

The business is conducted by a Corporation.  
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct.  
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).  
/s Savannah Snow, Secretary  
This February 18, 2020  
KELLY E. SANDERS  
by sc, Humboldt County Clerk

**FICTITIOUS BUSINESS NAME  
STATEMENT 20-00135**

The following person is doing Business as  
**HUMBOLDT SPICE CO**

Humboldt  
2275 School St.  
Fortuna, CA 95540

PO Box 571  
Fortuna, CA 95540

**Katie J Edgmon  
2275 School St.  
Fortuna, CA 95540**

The business is conducted by an Individual.  
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct.  
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).  
/s Katie J. Edgmon, Owner  
This March 5, 2020  
KELLY E. SANDERS  
by kt, Humboldt County Clerk

3/12, 3/19, 3/26, 4/2 (20-083)

**FICTITIOUS BUSINESS NAME  
STATEMENT 20-00155**

The following person is doing Business as  
**AUTHORITY SCRIBE**

Humboldt  
1922 B Street  
Eureka, CA 95501

**Auroriele B Hans  
1922 B Street  
Eureka, CA 95501**

The business is conducted by an Individual.  
The date registrant commenced to transact business under the ficti-

tious business name or name listed above on Not Applicable  
I declare the all information in this statement is true and correct.  
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).  
/s Auroriele Hans, Owner  
This March 15, 2020  
KELLY E. SANDERS  
by tn, Humboldt County Clerk

3/19, 3/26, 4/2, 4/9 (20-093)



**ADVERTISEMENT FOR BIDS**

Separate sealed bids will be received to provide all labor, materials, equipment, and testing for the City of Trinidad's Trinity Street Mid-Block Crosswalk Enhancement Project in Trinidad, California. The project includes but is not limited to providing and installing solar-powered, wireless, rectangular rapid flashing beacon (RRFB) sign systems.

Bids will be received at the office of GHD Inc., located at 718 Third Street, Eureka, California 95501, until 2:00 pm April 10, 2020 at which time they will be publicly opened and read aloud.

To bid on this project, contractors must hold one of the following contractor's licenses: C-10 Electrical, C-45 Sign Contractor or Class "A" General Engineering. This is a public works project so all bidders must be registered with the Department of Industrial Relations (DIR) and pay the prevailing wage rates (this includes, travel, subsistence, holiday pay, designated days off and overtime) determined by the Director of the DIR according to the type of work and location.

Copies of the Contract Documents may be obtained at the office of GHD Inc. at 718 Third Street, Eureka CA, 95501, or may be requested via email from josh.wolf@ghd.com, or (707) 267-2264.

**NOTICE OF PUBLIC HEARING  
CITY OF FORTUNA**

**NOTICE IS HEREBY GIVEN**, and you are hereby notified the City of Fortuna will hold a Public Hearing on Monday, April 6, 2020 in the Council Chambers, City Hall, 621 11th Street, Fortuna, California, at 6:00 p.m. The purpose of this hearing is for the consideration and adoption of the following resolutions:

**RESOLUTION 2020-10**

A Resolution of the City Council of the City of Fortuna establishing a schedule of fees and charges for Administrative, Parks & Recreation, Police & Animal Control, Riverlodge & Monday Club, and Transit within the City of Fortuna for Fiscal Year 2020-2021

**RESOLUTION 2020-11**

A Resolution of the City Council of the City of Fortuna establishing a schedule of fees and charges for Building, Community Development, Water & Wastewater, and Water & Waste Water Laboratory fees within the City of Fortuna for Fiscal Year 2020-2021

All interested parties and members of the public are invited to attend and be heard at the hearing. A copy of the Draft Fee Resolutions for this item will be available at the front counter of City Hall.

Buffy Gray  
Deputy City Clerk  
Dated: March 23, 2020

**LEGALS?**  
**442-1400 x314**  
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**County Public Notices  
Fictitious Business  
Petition to  
Administer Estate  
Trustee Sale  
Other Public Notices**



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## LEGAL NOTICES

### FICTITIOUS BUSINESS NAME STATEMENT 20-00114

The following person is doing Business as  
**ALMIRANTE**

Humboldt  
1085 I Street  
Arcata, CA 95521

4163 Jacoby Creek Rd  
Bayside, CA 95524

**Rafael A Tamayo-Cordova**  
4163 Jacoby Creek Rd  
Bayside, CA 95524

**Rebecca K Fukui**  
4163 Jacoby Creek Rd  
Bayside, CA 95524

The business is conducted by a Married Couple.  
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable  
I declare the all information in this statement is true and correct.  
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).  
/s Ravael Arturo Tamayo Cordova, Owner  
This February 21, 2020  
KELLY E. SANDERS  
by tn, Humboldt County Clerk  
3/5, 3/12, 3/19, 3/26 (20-076)

### FICTITIOUS BUSINESS NAME STATEMENT 20-00122

The following person is doing Business as  
**BEAUTY BY THE KING**

Humboldt  
408 7th St Suite R  
Eureka, CA 95501

**Jeffrey G King**  
110 New St  
Eureka, CA 95503

**Kayla ACS King**  
110 New St  
Eureka, CA 95503

The business is conducted by a General Partnership.  
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable  
I declare the all information in this statement is true and correct.  
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).  
/s Jeff King, Partner  
This February 27, 2020  
KELLY E. SANDERS  
by kl, Humboldt County Clerk  
3/5, 3/12, 3/19, 3/26 (20-073)

### FICTITIOUS BUSINESS NAME STATEMENT 20-00147

The following person is doing Business as  
**HUMBOLDT COUNTY CHILDREN'S  
AUTHOR FESTIVAL**

Humboldt  
1313 3rd Street  
Eureka, CA 95501

PO Box 6089  
Eureka, CA 95502

**Friends of the Redwood Library**  
CA 0502609  
1313 3rd Street  
Eureka, CA 95501

The business is conducted by a Corporation.  
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable  
I declare the all information in this statement is true and correct.  
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).  
/s Anne J. Hartline, Secretary  
This March 12, 2020  
KELLY E. SANDERS  
by sc, Humboldt County Clerk  
3/19, 3/26, 4/2, 4/9 (20-090)

### FICTITIOUS BUSINESS NAME STATEMENT 20-00142

The following person is doing Business as  
**SUNNYSIDE UP THRIFT ART**

Humboldt  
1184 Spear Avenue  
Arcata, CA 95521

**Seyide S Ozruh**  
1184 Spear Avenue  
Arcata, CA 95521

The business is conducted by an Individual.  
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable  
I declare the all information in this statement is true and correct.  
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).  
/s Seyide S Ozruh  
This March 9, 2020  
KELLY E. SANDERS  
by sc, Humboldt County Clerk  
3/12, 3/19, 3/26, 4/2 (20-084)

## LEGALS?

classified@north  
coastjournal.com  
**442-1400 x314**

### FICTITIOUS BUSINESS NAME STATEMENT 20-00124

The following person is doing Business as  
**STRATEGIC PLANNING & PROJECT  
MANAGEMENT**

Humboldt  
1525 I Street  
Eureka, CA 95501

PO Box 1033  
Eureka, CA 95502

**Lynette C Mullen**  
1525 I Street  
Eureka, CA 95501

The business is conducted by an Individual.  
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable  
I declare the all information in this statement is true and correct.  
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).  
/s Lynette C Mullen, Owner  
This February 28, 2020  
KELLY E. SANDERS  
by ss, Humboldt County Clerk  
3/5, 3/12, 3/19, 3/26 (20-075)

### FICTITIOUS BUSINESS NAME STATEMENT 20-00152

The following person is doing Business as  
**FOOT LOGIC**

Humboldt  
5000 Valley West Blvd Ste #3  
Arcata, CA 95521

315 F St  
Eureka, CA 95501

**Ye tong Dong**  
296 S St  
Eureka, CA 95501

The business is conducted by an Individual.  
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable  
I declare the all information in this statement is true and correct.  
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).  
/s Ye tong Dong, Owner  
This March 13, 2020  
KELLY E. SANDERS  
by sc, Humboldt County Clerk  
3/19, 3/26, 4/2, 4/9 (20-089)

Let's Be Friends





Opportunities

**AMERICAN STAR  
PRIVATE SECURITY**

Is now hiring. Clean record.  
Drivers license required.  
Must own vehicle. Apply at  
922 E Street, Suite A, Eureka  
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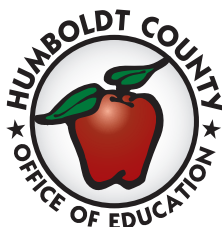
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great benefits, retirement  
packages, and solid pay. Learn  
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*Find what you're looking  
for in education!*



Humboldt County Office of Education  
invites application for Classified Vacancy

**Special Education  
Program Secretary**

FT, Special Beginnings,  
Salary \$15.72-\$22.24

**Qualifications:** Graduation from high  
school or demonstration of comparable  
basic skills competency and at least  
three years of progressively responsible  
clerical and recordkeeping experience.

Previous school site or education  
program experience desirable.

The successful candidate will be required  
to pass a fingerprint clearance with the  
Department of Justice and show proof of  
eligibility to work in the United States

**Application Procedure:** Classified  
application form (available online at:  
[www.hcoe.org/jobs/](http://www.hcoe.org/jobs/)), cover letter stating  
reasons for application and summarizing  
candidate's qualifications, resume and  
3-5 current letters of recommendation.

**Return your Application packet to:**  
PERSONNEL, HCOE  
901 Myrtle Avenue  
Eureka, CA 95501

**Apply By:** Open until filled

*The Humboldt County Office of Education supports  
the principles of Equal Opportunity Employment*



**SoHum Health is HIRING**

Interested applicants are  
encouraged to visit and apply  
online at [www.SHCHD.org](http://www.SHCHD.org) or  
in person at 733 Cedar Street,  
Garberville (707) 923-3921

**CURRENT JOB OPENINGS**

**NURSE MANAGER – EMERGENCY DEPT/ACUTE**

Full Time Position. Critical Access ER/Acute Department  
Nursing Manager; 4-bed Emergency room & 9-bed  
Acute care unit, seeking a Nurse Manager to provide  
leadership, administrative responsibility and oversight of  
the ER and Acute care departments. Current California  
RN license required. BSN, PALS, & ACLS required.  
Minimum 2 years ER experience required. Minimum 1  
year Management Experience strongly preferred.

**HUMAN RESOURCES ASSISTANT**

Part Time position, 24 hours a week. Provide support to  
the Human Resources Director. Job duties include, but not  
limited to: Maintain confidential personnel files and personnel  
actions, assist the HRD with HR projects, provide clerical  
and operational support to the HR dept., assist with benefit  
enrollment, maintain online Learning Management System,  
and interact with and provide information to job applicants,  
employees, department heads, and other agencies.

High school diploma or equivalent required. Two years of  
experience working in human resources, office administration,  
or closely related field strongly preferred. Must possess strong  
office administration skills and be proficient in Microsoft  
products. Must be proficient in reading and writing in English.

**RERRERALS COORDINATOR**

Full-time position Monday to Friday in our outpatient Rural  
Health Clinic. Responsibilities include excellent customer  
service, obtaining authorization for patient services, processing  
referrals, communicating with patients, managing incoming  
medical records, and verifying provider documentation and  
fees with daily patient census. Effective computer, software,  
and phone skills required. Minimum one year experience  
in medical office or healthcare facility highly preferred.

**LICENSED VOCATIONAL NURSE –  
CLINIC & HOME VISITS**

Full Time position, 8 or 10 hr. shifts, 4 or 5 days a week,  
Monday - Friday. Current California LVN license and BLS  
certification required. Work 8 or 10 -hour shifts in our  
outpatient Rural Health Clinic and at patient homes.

**LICENSED VOCATIONAL NURSE –  
SKILLED NURSING FACILITY**

Full Time, Part Time or Per Diem, 12 hour shifts. Current  
LVN license and CPR certification required. Work 12-  
hour shifts in our 8-bed skilled nursing facility.

**ER/ACUTE CARE REGISTERED NURSE**

Full-Time, 12-hour shift, 3 days/week. Current California RN  
License, BLS, ACLS, & PALS certification required. Work 12-  
hour shifts in our critical access acute care & emergency room.

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program for services offered at SHCHD.



**HUMAN RESOURCES  
DIRECTOR**

**ESSENTIAL FUNCTIONS**

- Manage training and development of staff
- Maintain compliance with federal, state and local labor laws, and with internal policies and procedures
- Represent the company in union negotiations
- Recruitment, hiring, onboarding
- Conduct exit interviews and investigations, resolve grievances, meet with shop stewards, monitor day-to-day implementation of policies
- Manage the employee life cycle and administration of employee services, including health benefits and leaves of absence
- Provide leadership in emergency/accident situations
- Coordinate ADA dialogue and needs
- Investigate and manages harassment and discrimination claims
- Work collaboratively to achieve the goals of this cooperatively governed triple-bottom-line company

**COMPETENCIES**

- 4-year college or university degree; or 4-10 years' related experience; or equivalent combination of education and experience
- Previous experience with union labor relations, preferably in retail/grocery
- Ability to lead HR functions effectively, with more than 100 employees
- Proficiency with an HRIS
- Experience with workers' comp
- Excellent with change management strategies and practices
- Experience with health insurance and 401(k) audits
- Proven ability to create and foster a diverse and inclusive workplace

**Salary Range \$60K-\$80K  
Fully Benefited Position  
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**To submit your application,  
resume and cover letter visit  
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The Housing Authorities of the City of Eureka and County of Humboldt Invites applications for the position of

## Maintenance Specialist III

This is a full-time permanent position.  
Starting salary is \$3,845/mo.

**Education/Experience:** Any combination of education and experience that demonstrates possession of the requisite knowledge, skill, and abilities, e.g. Construction education, HVAC training, on the job mechanical/construction experience.

Complete job description and application package can be obtained at the Housing Authorities' office at 735 West Everding Street, Eureka CA 95503 (please call 707-443-4583 x226 before picking up packet).

Application deadline is

**April 13th, 2020 at 2:30 p.m.**

Our office will be closed on March 27th, March 31st, half day (open in the morning) on April 9th, and April 10th.

**Due to COVID-19 and Social Distancing**, our business will be open (other than the closed dates above) but our office will be closed to the public until further notice. Please call 707-443-4583 x 226 before stopping by or if you have questions about the position.



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Come join our team as an On-Call case manager, recovery coach, nurse, cook, or housekeeper. AM/PM/NOC shifts. Incredible opportunities to get psych training and experience, as well as get your foot into our 20-facility California wide organization. FT&PT (& benefits) available with experience. Apply at: 2370 Buhne Street, Eureka 707-442-5721



## Dentist & Physician Position

Southern Trinity Health Services, Inc. (STHS) is a federally qualified health center that provides Behavioral Health, Dental, and Medical services. STHS prides itself on satisfying patient needs, providing high quality medical and dental services, and offering patient comfort that is second to none. STHS has an outstanding Associate opportunity for an experienced Physician and General Dentist to join us in serving in this underserved area of Northern California in Scotia, and assist us in continuing to provide a strong commitment to long-term care for the whole family.

### Full Time Associate Benefits Package:

- Company paid professional liability insurance.
- Continuing education reimbursements.
- Medical Insurance.
- Dental Plan.
- Life Insurance.
- Vision Insurance.
- Short Term Disability (state provided).
- 5 Paid sick days, 11 paid holidays, 3 weeks of paid vacation.
- Eligible to apply for student loan repayment with the federal government.

### Required Skills:

- Comfortable treating patients of all ages.
- CA Licensure/DEA.
- Medicare and Medi-Cal enrolled preferred, but not required.

### You will enjoy:

- Highly trained and dedicated staff to support you.
- No Day-to-Day headaches of Managing a Practice.
- Guaranteed base salary, with additional performance incentives based on production.
- Well-established and growing patient base.

For more information, please contact Human Resources at  
707-764-5617 ext. 211, or email at [hr@sthsclinic.org](mailto:hr@sthsclinic.org)



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Minimum qualifications include a combination of education equivalent to graduation from high school and at least 1 year of related experience.

For a full job description and to apply, please visit our website at  
[www.ci.eureka.ca.gov](http://www.ci.eureka.ca.gov). EOE

Applications will be accepted until  
**5 pm on Wednesday, April 1st, 2020.**

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2016 Kia Forte EX Leather, 35 MPG! #03820 \$16,995  
2016 Toyota Corolla LE Plus 29/38 MPG, B/U Cam #38519 \$15,995  
2015 Chevy Volt Premium Leather, Nav #00820 \$14,995  
1999 Chevy Corvette Convertible, 5.7L V8 #12820 \$13,995  
2013 Honda Civic EX-L Leather, B/U Cam #09020 \$13,995  
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2015 Kia Optima Hybrid Bluetooth, 36/40vMPG #12920 \$11,995  
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2013 Chevy Volt Plugin Hybrid Electric, Nav #07320 \$10,995  
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2017 Ford F-250 Super Duty 4x4 Crewcab #32419 \$40,995  
2014 GMC Sierra 1500 SLT Crewcab, Nav #06320 \$32,995  
2015 Ford F-150 Lariat 4x4 Super Crewcab #06219 \$32,995  
2016 GMC Canyon SLE Diesel Crewcab #04320 \$31,995  
2016 Ford F-150 XLT Super Crew Ecoboost #29419 \$31,995  
2015 Toyota Tundra SR5 4x4 Crewmax #03620 \$30,995  
2016 Toyota Tacoma 4WD TRD Off-Road Pkg 46K miles #35519 \$30,995  
2014 Chevy Silverado 1500 LT 4x4 Crewcab #29319 \$29,995  
2012 Toyota Tundra 4x4 Crewcab, LOW MILES! #38429 \$29,995  
2015 Ram 1500 Tradesman EcoDiesel, Quad Cab #42719 \$28,995  
2017 Nissan Titan SV 4x4 Crewcab, Like New! #01119 \$28,995  
2017 Ford F-150 XL 4x4 Camper Shell #31119 \$26,995  
2014 Toyota Tacoma Double Cab PreRunner 5' Bed #33919 \$26,995  
2012 Toyota Tundra TRD 4x4, Double Cab #45319 \$18,995  
2015 Ram Pickup 1500 5.7L HEMI, Long Bed #05920 \$16,995  
2009 Honda Ridgeline RTL 4WD Leather, Moonroof #34819 \$15,995  
2008 Chevy Silverado 2500 LTI 4x4 Diesel, Crewcab #13719 \$15,995  
2011 Ford F-150 XL SuperCab, Camper Shell #40719 \$14,995  
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2018 GMC Yukon SLT 4WD Moonroof, 3rd Row, Leather #13318 \$43,995  
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2017 Toyota RAV4 Limited Hybrid Electric #08320 \$27,995  
2016 Toyota Highlander XLE 3rd Row, Leather #09420 \$26,995  
2018 Subaru Crosstrek 2.0i Premium AWD, Low Miles #05720 \$24,995  
2014 Ford Edge Titanium AWD Loaded! #02120 \$22,995  
2014 Acura MDX 3rd Row, Navigation #32119 \$21,995  
2015 Audi Q5 2.0T Quattro Turbo, Leather #09720 \$20,995  
2014 Jeep Grand Cherokee Limited Diesel, Loaded! #11020 \$20,995  
2018 Chevy Equinox LT 4WD, Turbo, 30 MPG! #38919 \$20,995  
2015 Mazda CX-9 3rd Row, Leather #19219 \$19,995  
2012 Toyota Highlander Limited AWD, 3rd Row #07420 \$18,995  
2015 Mazda CX-9 Touring 3rd Row, Leather #34018 \$16,995  
2017 Hyundai Santa Fe Sport AWD, Bluetooth #39919 \$16,995  
2015 Buick Enclave 3rd Row, Leather #04220 \$15,995  
2014 Chevy Express Passenger Van Seats 8 #02220 \$15,995  
2013 Toyota Rav4 XLE AWD, Nav, Like New! #07620 \$15,995  
2005 Lexus RX 330 Leather, Moonroof #12520 \$11,995

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### press releases:

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### letters to the editor:

letters@northcoastjournal.com

### events/a&e:

calendar@northcoastjournal.com

### music:

music@northcoastjournal.com

### sales:

display@northcoastjournal.com

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## REAL ESTATE

**HUMBOLDT PLAZA APTS.**  
Opening soon available for HUD Sec. 8 Waiting Lists for 2, 3 & 4 bedroom Apts.

### Annual Income Limits:

1 pers. \$22,700; 2 pers. \$25,950;  
3 pers. \$29,200; 4 pers. \$32,400;  
5 pers. \$35,000; 6 pers. \$37,600;  
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Hearing impaired:  
TDD Ph# 1-800-735-2922

### Apply at Office:

2575 Alliance Rd. Bldg. 9 Arcata,  
8am-12pm & 1-4pm, M-F  
(707) 822-4104



### McKinleyville

TUCKED AWAY AT THE END OF THE CUL-DE-SAC, this McKinleyville home built in 2015, is move-in ready for a new owner. The home has an open floor plan, indoor laundry, covered front porch, and a deck overlooking the West-facing, slightly over-sized backyard. Perfect for that evening sunshine. Won't last long, so call today! MLS# 256019



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707-443-3259

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## FORTUNA – LAND/PROPERTY - \$1,300,000

±24 Acres overlooking the Eel River with development/subdivision potential! Property has public utility access and owner may carry.

## HAWKINS BAR – MULTI UNITS - \$989,000

±3.89 Acres in Hawkins Bar with 4 homes, 2 ADA bathrooms, RV hook-ups, Hwy 299 frontage, and so much more! Property is a must see!



## ARCATA – COMMERCIAL INVESTMENT - \$649,000

Commercial building on a high visibility corner just blocks from the Arcata Plaza! Two buildings, 10 dedicated parking spaces, and tenants are in place.

## SALYER – HOME ON ACREAGE - \$319,000

Beautiful one acre gardeners paradise in sunny Salyer with a 3/2 main house and a 1/1 cabin, just minutes from the Trinity River!



## BIG LAGOON – LAND/PROPERTY - \$375,000

±55 Acres featuring great roads, Redwoods, and views of Stone & Big Lagoons. Permits in place for water/septic/solar awaiting your development!

## WESTHAVEN – LAND/PROPERTY - \$235,000

±2.6 Acre parcel w/ useable flats ideal for building your dream home!



## WILLOW CREEK – LAND/PROPERTY - \$49,900

±0.247 Acre lot available in Big Foot Subdivision in sunny Willow Creek! Has community water, sewer, and power at the property line.

## SHOWERS PASS – LAND/PROPERTY - \$295,000

±40 Remote acres featuring springs, meadows, timber, undeveloped building sites. Great retreat spot!



## JUNCTION CITY – LAND/PROPERTY - \$130,000

±2 3 Flat acres 10 mins from Weaverville, features a year round creek, Highway 299 frontage, and motivated Sellers!



NEW LISTING!

## RIO DELL – LAND/PROPERTY - \$399,000

±14 Acres in Rio Dell! Spring, flat tillable land, and subdivision potential. City lot across the street included in sale. Adjacent parcels also listed for sale.

## GARBERVILLE – HOME ON ACREAGE - \$629,000

Gorgeous 3/2, 3000 sqft home on just over an acre in Garberville! This fully fenced property features garden area, swimming pool, large shop, and so much more!

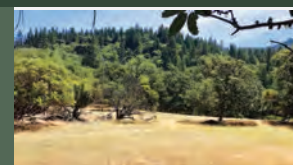


## SALMON CREEK – HOME ON ACREAGE - \$749,000

±120 acres w/ three cabins nestled in the hills of Salmon Creek w/orchards, water sources, solar, and much more!

## SALYER – LAND/PROPERTY - \$499,000

Beautiful ±50 acre property on the south fork of the Trinity River! Features easy access, a developed spring, and power.

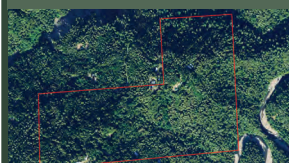


## ZENIA – HOME ON ACREAGE - \$750,000

±106 Acre ranch in Trinity County w/ 2 houses, wash house, small cabin, outbuildings and large barn. Adjacent 30 acres is also available (MLS#255859).

## BLOCKSBURG – LAND/PROPERTY - \$225,000

±40 Acres w/ fantastic mountain top views, good road access, a spring, and a cozy cabin. Ideal for a hunting retreat! This property is priced to sell!



## HONEYDEW – LAND/PROPERTY - \$275,000

±159 Acres located in Panther Gap area with developed water system, and existing flats.

## BLOCKSBURG – LAND/PROPERTY - \$265,000

±40 Acres with beautiful mountain views, small cabin, and an unfinished 2 bedroom house. Owner may carry.



## WILLOW CREEK – LAND/PROPERTY - \$129,000

Two riverfront parcels totaling over 2 acres w/ County road access, wooded building sites, and PG&E to the property line.

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